

GOD'S CALL FOR REPENTANCE

PART - II

By: Group Captain A Iruthaya Raj

*This Book Contains a Flood of Understanding.
It is A Fountain of Wisdom and
A River of Knowledge.
(2 Esdras 14:47)*

*By Reading this Book
if You Discipline your Thoughts
and be Willing to Learn, you will be Kept
Safe In This Life and Granted Mercy After Death.
(2 Esdras 14:34)*

PREFACE

Welcome Dear Believer. In the Part - I of this Book, God in his Mercy has enlightened you on many truths about sin & how Satan is deceiving mankind (2 Cor 4:3-4) to keep them as Captives & Refugees of sin. (Ezek 12:11-12) The most important aspect of this discourse was, God revealed us that; 'Sin is the Cause for all miseries, sickness and distress in human life'. (Ps 107:10-12 & Job 36:8-9) But God is waiting for our repentance to bless us with 'Fullness of Christ in life', (Col 2:6-19) so that we live 'New Life, (Zeph 3:17) surrounded by his glorious presence. (Bar 5:9) And **God wants; 'we as his children' should not lose our glorious privilege of being God's free people by sinning. (Bar 4:3 & Gal 5:1) Yes, God wants us to enjoy prosperity & good future according to his plan. (Jer 29:11) This is God's will for man.**

But the heart & mind of men are so evil (Jer 17: 9-10) that sin pour out of their heart and defiles them. Their sins make him to lose blessings which God has kept for them in store. (Duet 28:15-68) God warns us that; 'sins that are conceived in our mind is our enemy which lures us to commit sin & makes us slaves for sin'.(Mat 15:11,19) God refers this slavery as 'Sinful-Self' which is 'Power of Sin'. **Because we have sinful nature (Rom 7:18) God calls us to fight this sinful-self with power of the Holy Spirit, so that our heart is circumcised (Col 2:11) and there-by we conquer sin and enjoy life in all its fulness. (Jh 10:10)**

Yes, in this book God teaches how to receive Spiritual Power through Fasting & Prayer to overcome temptations. Also, you have learnt various ways how to reject sin and conquer sin. Further, God explains the importance of prayerful life, to retain freedom that God gives in repentance. **The most interesting part of this book is; God gives insight & understanding on how the Spirit of Wisdom transforms man to empower him to rule over his sinful-self.** While enlightening us on the power to rule over sins, God speaks greatly on; "how one should reject his comfort to worship Christ before sunrise", and "how one should preserve his body in holiness and not desecrate the anointment of the Holy Spirit in him which was given to him by God thorough various Sacraments in Roman Catholic Apostolic Church. (Wis6:20-21)

While God is calling us to Repent, he enlightens us on certain spiritual truths that are hidden from us. Most importantly, the truths about our-self "which does not allow us turn away from sin". **To receive Eternal life, God is calling us to renounce sin & live a Spiritual Life (Rom 8:1-17) so that we will live in God's presence for eternity in eternal life.**

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***“I have swept away your sins like a cloud.
Come back to me; I am the one who saves you.”
(Isaiah 44:22)***

Let us read this book with following Promise of the Lord in mind, to make our Reading meaningful:

“The Goodness of the Lord and His Glorious Presence are with all Israel for ever”. (1 Esdras 5:61)

CHAPTER - 1

SINS OF THE WORLD AND SINS THAT POUR OUT FROM MAN’S HEART

In the Chapter-21 in Part-I of God’s Call for Repentance “How to avoid & Reject Sin” we understood; “How sin enters our human body and destroys all spiritual blessings, material blessings and thereafter slowly destroys physical body and then, finally destroys our soul. Sins that we commit are categorised in two categories as given below:

1. Sins that enter human being from outside world: *These are sins that inflict people through worldly attractions, friends, relatives, modern gadgets, wicked ways & sinful customs which are practiced by people. They greatly influence human being to commit sin & live in sin.*

2. Sins that pours out from man’s heart: *These are the sins that are nurtured in our mind due to inherent weaknesses. These are sinful desires of man’s heart which drives him to indulge sin repeatedly. It is called as ‘sinful-self’ of a man. We will try to understand how we get enticed by these sins, indulge in them and commit these sins endlessly.*

EIGHT SINS THAT ENTER MAN THROUGH THE WORLD

1. Occasions that makes man to fall in sin: This world offers many sinful entertainments to lure man. They are massage parlours, brothel, gambling, casinos, nightclubs, liquor joints, drug hideouts, liquor trade, drug & flesh trade and cheating to make quick money etc. Further the occasions that drives man to indulge in sin are pride, enmity, revenge, vengeance, desires for material things and greed. Ignorant people easily fall victim for them. (Hos 4:6 & Prov 22:3) They are lured by these temptations, commit sin. They become weak & live in sin. We must take help of the Holy Spirit to avoid & reject the occasions of sin.

2. Friends & relatives lure us in sin: Friends & relatives expose us

to sinful habits/sinful relations. If you are weak in God's life-giving Spirit, (Eph 1:14, 5:18) and if you are not determined & confident (Josh 1:9) then you will be a victim for such sinful habits & relations which will make you to indulge in them repeatedly to ruin your life. Such people will inspire you to visit places which offers sinful entertainments given above. Though you may want to avoid & reject such occasions of sin the Satan will tempt you through friends & relatives, again & again. Well, if you are not determined & confident, the Satan will make use of your weakness to fall and live in sinful habits & relations. (Prov 28:26) You must be cautious (Mk 13:5 & 9) to avoid such friends /relatives to protect yourself from sin. **So, remain with Christ and avoid company of such friends & relatives who will systematically destroy your life & soul.**

3. Electronic gadgets leads us in sin: The world offers internet and mobile phone which are great gifts by God to spread Good News. These facilities can be used very effectively to help people who are in spiritual distress. But the Satan is using them as his powerful weapons to enslave people in sinful relations & sinful web sites. These sinful sites offer online dating, living-in-relation, virtual sex & massage parlours which leads in to prostitution. People are also introduced in to lesbian & gay relation. Further, they browse through dark web sites and get exposed to occult practices, pagan-worship/satanic-worship. They are captivated in forbidden worship and lose God's blessings & eternal life.

Internet & mobile phone also lures people in to sinful relations which enslaves them for; fornication (sex before marriage), adultery, forbidden relations, orgy etc. People are also captivated in gambling, forging, hacking of sites & bank accounts, stealing information and planting information to create communal disharmony. God wants that people must use "Internet & Mobile phone" in a most effective manner to glorify God by giving God's Word to others, by counselling people who are in spiritual distress and to lead people in light of God. (Hos 14:9) **We must take the help of our friend Jesus Christ (Jh 15:15) and our helper the Holy Spirit (John 14:16) to guide us in using these gadgets effectively to spread Good News and Glorify God in our actions.**

4. Sinful literatures & pornography makes people to live in sin: *Books of dirty and filthy literature which are openly available in public captivates people's mind and corrupts them to live with sinful thoughts & in sexual fantasies. Consequently, they indulge in; self-abuse, sinful relations and forbidden relations. Browsing in internet is a common practice in present days. People use their leisure time to browse sinful web sites, there-by, abuse their eyes to watch absence pictures &*

pornography videos. When people read dirty books, and see pornography videos, the contents of books what they read & videos they see, gets embedded in sub-conscious mind. They continue to work in their mind and drive them to practice / indulge in filthy actions what they have read in books and saw in pornography. Thus, they live in sin.

The contents of dirty books & pornography which get embedded in people's mind will work in them in their leisure time for many, many years and physically abuse them. Further it will destroy their spiritual life & marital life. It is extremely difficult to erase those filth memories which are buried deep in mind. These sinful dirty books & pornography in internet are the main cause for growing crime on child abuse, rape, gang rape, adultery, sinful relations & abusive relations in the society.

Further, if people read filthy books or watch pornography, the memories of such filth which are embedded in their mind will not allow them to be faithful to their spouse and to live a joyful marital life. Thus, it will destroy martial relation. People who indulged in these sins need to wash their mind and soul with precious blood of Jesus to cleanse themselves. God has promised to wash their soul which is soaked in sin and make it as white as wool. (Is 1:15-18) Regular fasting & prayer will enrich us in God's grace which will help to get over these habits. We must take shield of blood of Jesus and protection of Mother Mary to safe guard ourselves from these habits which are satanic bondages.

5. Friends who destroy faith in True God: For achieving success in education, business & in other areas and to gain prosperity, people advocate believers to repose faith in superstitious beliefs such as; depending on auspicious time, astrology, zodiac signs, palmistry, consulting spirits of the dead and in many other beliefs that religion of each country advocates. People who are not confident about their faith in true God (or) people who do not know the truth (Christ) get enticed by such advice. Because their faith is shallow, they get deceived. And they switch over in faith from True God Jesus to repose faith in such superstitious beliefs. Thus, they commit sin 'Idolatry'. According to Ten Commandments, reposing faith in anything other than True God, is idolatry. Thus, friends destroy believer's faith in living God. You must take help of Christ who is the greatest teacher of all. (Mat 4:23 & Jh 3:2) His teachings come from heavenly throne to guide us. (Micah 4:2)

6. Indulging in occult, pagan/satanic worship, witchcraft and black magic: For the sake of money, power, fame & pleasures people indulge in forbidden worship & forbidden rituals such as occult, pagan

worship & satanic worship. Their greed for wealth & power is so much that they even offer human sacrifice in such worship / rituals to achieve them. Also, they do not hesitate to offer their own children as sacrifice in such rituals. (Jer 19:3-5, Ps 106:37 & 2 Kgs 16:1-4) Further, people indulge in witchcraft and black magic for personal gains, prosperity and favours. In jealousy and enmity people engage magicians and do witchcraft and black magic to destroy other's life & business. Thus, they sin against first & second commandments of the Ten Commandments. People who indulge in these sinful practices will not enter Kingdom of God. (1 Cor 6:9-10, Gal 5:19-21 & Rev 21:8) They must repent & turn away from sin with help of the Holy Spirit, our helper. (Jh 14:16 & 26)

7. People are lured in to wicked group activity: People are lured in friendship clubs for bodily pleasures and for fun, such as; drinkers clubs, drug addicts' clubs, club for swapping spouse (exchanging life partners for bodily pleasures), brothels, people who indulge in orgy (group sex), group of people who produce pornography films, groups who indulge in forbidden sexual practices such as; insist, gay/lesbian relations & people who indulge in sex with animals. (Sirach 23:16-17)

If you join such groups and indulge in these sinful practices you will burn with passions which will destroy your body and soul. (Rom 1:20-32) Some group of people take part in organised crimes such as drug / flesh trade, human trafficking, smuggling, terrorism, planned murder & robbery. (Prov 4:10-18) **God warns such people who indulge in such group wicked activities and said; "Do not let your passions carry you away. It will tear your soul in to pieces like a bull. You will be left like a dead tree without any leaf & fruit. Evil desires will destroy you & make you a joke of your enemies. (Sir 6: 2-4 & 21:2-3)**

8. People get engaged with money multiplying organisations. In present days 'money is power'. Money determines everything. Hence people do anything to earn money and that too quickly. People are enticed to by ultra-luxuries for which they crave to earn quick money. They are lured by various money multiplying organisations. Their greed for worldly desires, pleasures, status, power and big money makes them to become member in "the chain of people" who are engaged in various illegal businesses all over the world who promise them big money in a very short period. This is a satanic trap which will destroy faith & spiritual life. (Eph 5:5 & Col 3:5-6) Such people will do anything for money. Money will occupy their mind, take them far away from God & destroy their faith in Christ. Their desire for money will lead them in the road of death. It will dump them in all evils, for money is the source

for all evil. God said; "The love for money is source of all kinds of evil. Some have been so eager to have it that they have wandered away from faith & have broken their hearts with many sorrows". (1 Tim 6:10)

These are the eight known external forces from the world which are greatly influencing human beings to accept sin & live in sin.

"THIRTY-THREE SINS THAT POUR OUT FROM HUMAN HEART"

Jesus said; "What makes a man ritually unclean is not what goes into his mouth. Rather, it is what pours out from his heart makes him unclean." (Mat15:11) Let us understand what pours out of man's heart.

1. Anger: All of us are captives for this "weakness-anger" which pours out from our heart to destroy our blessings. 'Anger' is a powerful weapon which the Satan uses to deceive man to live against God's will which is; "Love one other as you love thyself," (Mk 12:31 & Gal 5:14) and "Love one another as I have loved you". (Jh 13:34 & Jh 15:12) We forget these commands and in anger fight with everyone, live with grudge, enmity, take revenge and kill one another. Thus, we destroy ourselves & others. (Gal 5:14-15) If we observe patience, we are wise. But if we give-in for anger, we exhibit how stupid we are. (Prov 14:29 & 15:1) God said; if you stir up anger in others, you will get into trouble. (Prov 30:33) "There is no excuse for uncontrollable anger; it will bring your downfall". (Sir 1:20) Yes, anger destroys 'peace' that Christ gives, (Jh 14:27) and ruins 'rest' that he promised. (Mat 11:28)

About anger, God sternly warns us saying: Everyone must be quick to listen and slow to become angry, because; Man's anger does not achieve God's righteous purpose. (Jas 1:19-20) If you are sensible, you will control your anger. When someone wrongs you, it is great virtue to ignore it." (Prov 19:11) Do not give in to worries or anger, it only leads you in to trouble. (Ps 37:8) A person who remains angry will lose his appetite and health. Because, anger causes unrest in our mind. If you harbour anger, it will disturb the functions of brain which controls all the vital organs. If you continue entertain anger and live with it, the functions of all your vital organs will get disturbed & cause bad health.

Finally, God warns people: *In every Church Service, I want men to pray, men who are dedicated to God and can lift up their hands in prayer without anger and argument." (1 Tim 2:8) "If you become angry do not let your anger lead you in sin. Do not let the sun go down on your anger and give devil a chance to destroy your life. (Eph 4:26-27)*

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2. Hate Feeling: Hate destroys good relation & harmony. Selfish desires are the sole cause for hate which pours out from heart. God says; "You want things out of your selfish desires, pleasures, which are constantly fighting in you. But you cannot have them, so you are ready to kill. You strongly desire things, but you cannot get them, so you quarrel/ fight". (Eph 4:2) Hate makes people to reject everyone around them including their own family members. People speak evil against their siblings. They become jealous, conceited, appreciate vengeance, betray each other, take revenge and act like wild animals and destroy themselves. (Gal 5:14-15 & Jas 4:1-2) Out of selfish desires people isolate themselves from family and siblings. They form separate groups in society and fight like wild animals to destroy themselves. (Prov 25:28, Ps 37:8) This is how the Satan instils selfish desires in our mind to nurture hate & troubles. But love overlooks all offences. (Prov 10:12)

That is why God said: Do not bear a grudge and hate anyone but settle your differences with him so that you do not sin because of him. I am the Lord, who says; "Do not take revenge on anyone or continue to hate him, but love your neighbour as you love yourself". (Lev 19:17) If someone says that he loves God, but hates his brother, he is a liar. For he cannot love God whom he has not seen, if he does not love his brother whom he has seen. (1 Jh 4:20) Whoever hates his brother is a murderer and you know that a murderer has not got eternal life in him. (1 Jh 3:15) Hence, get rid of all bitterness, passions, and anger. No more shouting or insults. No more hate feelings of any sort. Instead, be kind and tender hearted to one another and forgive one another, as God has forgiven you through Christ. (Eph 4:31-32) **Hate feeling is an evil infliction which the Satan sows in human mind to steal peace and to destroy harmony in family and society so that our life will be ruined.**

On the other hand, if you are with Christ, bear witness for truth and work for Kingdom of God, the world will hate you and reject you as it was done to Jesus Christ. That is why Jesus said: **"If the world hates you, remember it has hated me first. If you belong to this world, then the world will love you as its own. But I chose you from this world and you do not belong to it that is why this world hated you. (Jh 15:18) Further he said; everyone will hate you because of me. Whoever holds to the end will be saved for he will receive eternal life. (Matthew 10:22)**

3. Living with guilt feeling: Having confessed sins in Sacrament of Confession and received absolution of sins, people still live in guilt of past sins. Yes, our mind holds on to guilt feeling, and does not allow us to accept the forgiveness given by Jesus Christ. For, he said; I have

forgiven your sins and I will not remember them anymore. (Jer 31:34) I have trampled your sins under my foot and sent them to the bottom of the sea. (Mic 7:19) I have swept away your sins like a cloud. Come back to me; I am the one who can save you. (Is 44:22) I will not remember your sins again. (Heb 8:12) **In spite of these promises for forgiveness, if your mind still holds on to guilt of past sins, then to you God says; "Do not rely on your understanding, but trust in the Lord".** (Prov 3:5) And Lord Jesus Christ said; "I have paid price for your sins on the cross and I will not hold you guilty of your sins. (Rom 8:33-34)

If you live in guilt, it will only destroy cheerful atmosphere in family. You will experience restlessness deep in soul which will disturb your family life and harm your health. 'This guilt is a satanic infliction' which he plants to destroy your life. Firstly, the Satan lures you to commit sin. Then, he will hold you in guilt even after your sins have been forgiven by Jesus in Sacrament of Confession to destroy your life.

Guilt will make you timid & introvert. It will isolate you from family & society. You experience loneliness & rejection. Thus, you will sin against faith. In Christian faith we firmly believe; "Our sins are forgiven by Jesus in Sacrament of Confession (Jas 5:16) by the power of his promise given after resurrection". (Jh 20:21-23) After confessing sins, if you continue to feel guilty for your sins, you are committing sin against Christian faith. For God said; "Happy is a person who does not feel guilty when he does something what is right. But if he doubts what he does, God condemns his action because his actions are not based on faith. Anything that is not based on faith is sin." (Rom 14:22 - 23)

4. Deliberately giving-in for Sadness & Depression: This is a sadistic pleasure which pours out of human heart, which is a satanic bondage. People who lack in 'fruit of Holy Spirit'-Joy, live in sadness & depression. (Gal 5:22) Yes, the Holy Spirit produces Joy. To experience this fruit of the Spirit "Joy", one must read scriptures often and enrich himself in Life-Giving Words of Christ, (Jh 6:63) which is sharper than double edged sword. Words of Jesus Christ will enter our soul and deliver it from the invisible satanic chain 'sadness & depression'. (Heb 4:12) But, some people are satisfied when they cry, make surrounding gloom/sad. They enjoy sadistic pleasure in sadness and depression. Such behaviour pattern is influenced by evil spirits. It does not allow them to enjoy what they have worked for and rejoice in God. (Phil 4:4)

God said; "Be joyful always, pray at all times & give thanks in all circumstances" (1 Thes 5:16-19) May you be always be joyful in

union with God. Again, I say rejoice in God". (Phil 4:4) "Deliberately do not torture yourself by giving in for depression. Happiness makes for a long life & makes it worth living. Enjoy yourself. Be happy; do not worry at all time. Worry never did anybody any good but has destroyed many. A cheerful person with good attitude will have good appetite & enjoy his food. Sadness and depression will shorten your life. (Sir 30:21-25)

We read in news, see in tele-vision that; people who could not cope-up with sadness and depression have committed suicide. They have been deceived by the Satan to hold on to Christ in their trials and tribulations. They are lost for joy of living. People lose their joy, live in gloom and decide to take extreme step to end their life because they do not trust in God. But God says; Trust in the Lord with all your heart. Do not rely on your understanding. Remember the Lord in everything you do and he will show you the right way. (Prov 3:5-6)

5. Quarrelsome attitude: Jesus said; "Peace is what I leave with you. It is my own peace I give you. I do not give it as the world does. Do not be worried and upset; do not be afraid. (Jh 14:27) A person who is lost for peace that Jesus gives will live with quarrelling attitude which pours out of his heart. Quarrelling attitude causes disturbance with-in him and makes him to pick up quarrel on trivial issues. He never remains at peace with even with his loved ones. He goes through such trauma with-in himself because he does not experience presence of "Prince of Peace"- Jesus in him. (Is 9:6) Hence, he is lost for 'Peace' that Christ gives. Consequently, he lives in restlessness. This attitude destroys peace with-in family and harmony among relatives & society.

Peace less mind causes lot of distress in his personal life, family life and in social life. A person loses peace when he does not accept life-giving words of Jesus in his heart with faith. For God said; "People heard the Good News but it did not do any good to them. God says; 'they did not receive peace Jesus gives', because, when they heard the Good News, they did not accept it with faith. (Heb 4:1-2) But they relied on their understanding of their mind which is always in darkness. Yes, a quarrelsome person relies on his mind. And the evil god of this world (Satan) has kept his mind in darkness. He keeps him from seeing light of Christ shining; 'light that comes from the Good News about the glory of Christ'. (Rom 1:21 & 2 Cor 4:4) Hence, God said; Trust in God with all your heart. Do not rely on your own understanding. (Prov 3:5)

A person who cannot experience peace with-in himself must worship Jesus Christ in the early morning between 3 & 6 AM and read his life-giving Words (Jh 6:63) in Bible to receive peace that Christ

*offers. (Col 3:15) Because, God said; "Wisdom (Spirit of Jesus) shines in the early morning. Those who look for her can easily find her. She is quick to make herself known anyone who desires her. She will be sitting at your door. To fasten attention on wisdom is to gain understanding perfectly. If you look for her you will soon find peace of mind. (Wis 6:12-16) Those who seek Jesus Christ before sunrise will soon find peace of mind. Dear believer, have you lost for peace with-in yourself and living a disturbed life quarrelling with your loved ones and family? **Then worship Jesus Christ before sunrise every day. Jesus will fill you with abundance peace. It will change your life for good.***

6. Impatience attitude: Impatience is 'impulsiveness' or 'hastiness' in a person which makes him to act to a situation without thinking. Or we can say; 'it is spontaneous reaction of human mind to a situation'. Such impulsive actions may be good, such as; 'People spontaneously react at the scene of accident to help the victim or to retrieve a person who is in distress'. This shows the goodness of humanity which is hidden in all human beings. **At the same time, impulsive reaction to certain situation or to certain words used by others, without thinking its consequences will create problem to others or to self & others, both.**

This impulsive reaction pours out of our heart. It causes anxiety and sometime makes people to behave indifferently. In the fast-moving world, people do not have time for themselves and this causes them to lose patience very quickly and also act violently. In patience, people cannot tolerate harsh words, or words that deprives them, or words that humiliate them or words that abuse them, or words that undermine them or words that reject their love. **Many times, we have read in news that; men have killed woman whom they loved very deeply because those women have rejected their love. Thus, when people's self-esteem is offended by words spoken by others, they react impulsively & violently.** They either give out rebutting words or react physically without reasoning the consequences which seriously affects others & cause damage to both. Thus, words spoken can cause fire & flood in other's life and also in their own life. (Prov 15:1 & Jas 3:5-12)

Similarly, people have no patience to accept unfavourable situations in life. They cannot tolerate small hardship/sufferings for the sake of others. Within family, people show indifference towards siblings & relatives who have fallen in life due to finance or health or personal issues like divorce & certain misfortunes etc. Impatience brings animosity which results in separation. Families are losing their bond & slowly breaking away because of this attitude. Societies are

divided because indifference in accepting the cultural & religious values

People have no patience to wait upon the Lord: The Scriptures says; "In all things God works for good with those who love him," (Rom 8:26" and "Everything God does at the time he chooses". (Ecc 3:1-8) But in this fast-moving world, people show impatience in everything. Hence, they do not wait for things to happen at time chosen by God. Yes, people are impatient for sexual relation in marriage. They commit sin by having sex before marriage by indulging in fornication, adultery and in living-in relation. People lose patience to observe traffic rules & end-up in accident, killing innocent lives. People desire to enjoy super luxuries the world offers. But they have no patience to build resources gradually to acquire and enjoy them. Their greed and desires drive them to earn quick money to acquire them by indulging in unlawful activities, which land them in trouble. Thus, they are broken/shattered.

But the Scriptures says; "The Lord is the everlasting God; he created all the world. He never goes tire or weary. No one understands his thoughts. He strengthens those who are weak & tired. Even those who are young grow weak; young man can fall exhausted. But those who wait upon the Lord patiently for help will find their strength renewed. They will raise on wings like eagles; they will run and not get weary; they will walk and not grow weak. (Is 40:28-31) **Regarding waiting upon the Lord, King David said; "Even if the earth is shaken, mountains fall in ocean depths, even if the seas roar & rage, and hills are shaken in violence, God will be with us. The Lord will be our refuge. So, be still before the Lord. Wait patiently for him to act." (Ps 46:1-11)** We must rely on Holy Spirit. He will give the fruit Patience. (Gal 5:22)

7. Intolerance: People are intolerant to accept one another: This sinful attitude pours from the heart because; there is rejection and discontent with-in one-self. The cause for rejection & discontent is; "We have not accepted Jesus as our Lord from the bottom of our heart". If we accept Jesus as our friend, teacher & God and retain his life-giving words in heart, his love will remove all negativities and give us 'New heart' (Ezkl 11:19) and 'New life'. (Zeph 3:17) Then, his love will give us grace to accept others as Christ has accepted us. Intolerance leads us in verbal altercation which ends in physical fight. There is intolerance between husband and wife to accept each other from God's hand. (Is 34:16) It leads to divorce leaving innocent children to long for parents' love. The rejection by their parent nurtures discontent & hate in them and they become intolerant towards the society. Such children suffer, get lost in the wilderness of this sinful world and become potential anti-

social elements. There is intolerance among siblings which leads to enmity and there is intolerance between families which leads disputes.

In towns/ cities/in many countries intolerance is growing due to cast, racism and division between the rich and the poor. The present burning issue in many countries is "religious intolerance". Intolerance always results in fight between families, unrest in societies which divides them. Further intolerance triggers unrest, riots and civil disturbance which leads to division in Nations. Innocent people get killed in unrest / civil disturbance and poor people are driven to poverty.

Countries which engage in war due to intolerance, cause extensive damage to either side. Only the common and poor people suffer greatly by this intolerant attitude among the national leaders. Jesus said; "Accept one another as I have accepted you, for the glory of God," (Rom 15:7) and love one another as I have loved you. So, you must love one another. (Jh 13:34) "Be tolerant with one another and forgive one another whenever any of you has complaint against someone else. You must forgive one another just as Jesus has forgiven you." (Col 3:13 & Eph 4:31-32) Dear believer, unless you are contented within yourself you cannot be tolerant towards others. Unless you are tolerant you cannot forgive others. **You must follow the example of Jesus who tolerated sufferings patiently for our Salvation. (Is 53:4-9)**

8. Judgemental attitude: We have inherent weakness to judge others. This sin pours out spontaneously from heart to prove that we are better than others by judging them & tarnishing their image. By indulging in this sin, people wrongly judge and damage reputation of others & destroy their life. This sin is common among gossipers who judge the character of woman wrongly, destroy their reputation, family and future. Women whose reputation has been tarnished by wrong judgement of gossipers have committed suicide. **Thus, we sin against Christ's teaching; "Do not Judge. Or you will be judged". (Matthew 7:2)**

People indulge in this sin because they think; that they live a better life than others, (or) that they are living a very pious life without any fault. By judging others, they indirectly accuse them. While judging others they forget their own sins. If people honour Words of Jesus Christ; "Love your neighbour as you love they self," (Mark 12:31) then they will not judge others, because, they themselves would not like to be judged by others. When people caught a woman in adultery they brought her to Jesus, accusing her and that she must be punished according to the Law of Moses, by stoning her to death. They were not

aware about the grievousness of their accusation, because they all were also guilty of the same sin & deserve the same punishment. But Jesus made them to realise their sins by telling; "the man who is not guilty of such sin shall throw the first stone at her". Since all of them were guilty of sin, they all left the place one by one. The morale of the story is; "Do not Judge or accuse others" for it is a sin. (John 8: 1-11)

9. Cruel or in-human behaviour: **Cruel or inhuman behaviour** pours out of a person's heart who had unhappy childhood or who had a very bad & sickening experience in the past life. The memories of such past bad/sickening experiences make them sad and revengeful in their soul. Their soul is seriously hurt which needs to be healed. The memories of their sickening experience linger in their mind which does not allow them to forgive & forget those people who meted out such cruel treatment to them in the past. Those bad memories of sufferings & sadness are embedded in their sub-conscience mind. It erupts in the form of anger/revenge which manifest in them as cruel / inhuman behaviour whenever they get an opportunity to vent out their anger. This is a satanic bondage. It will not allow them to live in peace and rejoice in the Lord. (Phil 4:4) Their past bad/sickening experience have seriously affected their psychology which make them to lose peace. Yes, such people suffer because their mind & soul are bound by invisible chains. (Wis 17 :17) They need deliverance which only Jesus can give.

Cruel/inhuman behaviour manifest in people who lack in fruits of the Holy Spirit. They must be treated by regular counselling by Word of God-Jesus Christ. (Is 9:6 & Rev 19:13) They must make it a habit to meditate on God's words before sunrise to receive 'Peace of mind' that Spirit of Wisdom gives. (Wis 6:12-21) Further, they must fill themselves with the Holy Spirit by frequently reading Bible. (Rom 10:14-15) If they do, then, God will fill them with fruits of the Spirit which is love, joy, peace, patience, kindness, goodness, faithfulness, humility & Spirit of self-control. (Gal 5:22) Fruits of the Spirit will help them to overcome this abnormal behaviour. Also, they must pray to Jesus for him to wash their soul & mind with his 'precious blood' so that the memories of past bad & sickening experiences are cleansed and they are purified as white as wool. (Is 1:18) Yes, Jesus who created us (Jh 1:1-3 & Col 1:15-16) is same yesterday, today and forever. (Heb 13:8) Hence, Jesus can walk in to your past life and cleanse your soul & mind which is bruised by sickening memories. Jesus will not allow all kind of strange things to lead you away from righteous life. (Heb 13:9) Jesus will transform you inwardly. (Rom 12:2) And his living words will give you a new heart (Ezkl 36:26) & New Life. (Zeph 3 :17)

Further, now a day we continue to read in news that people are tortured, burnt alive and beheaded because of hate feeling, communal violence, cast division, racism, and religious intolerance. Many gruesome acts of violence are being committed in the name honour killing and betrayal in love. Apart from such gruesome killings, we also read in media about child abuse, crime against children and women, domestic violence, serial killing, rape, serial rape and gang rape are being committed all over the world. People are so cruel and inhumane that, after raping a child/woman they murder the victims or burn them alive. We also read in news that people are killed/beheaded due to enmity, infidelity and property dispute. Further, we also read about police brutality, torture of the under trials which end-up in custodial death and atrocities committed by the armed forces all over the world.

Senseless people see or hear cruel/inhumane behaviour meted out by some section of society to others and they get motivated and take part in such ghastly acts. It is called as mob culture. People see what others do and they follow them. Thus, without applying mind or without reasoning they commit sin. God warns them saying; "Do not go where evil men go and take part in their wild acts". (Eph 5:11) "Avoid every kind of evil." (1 Thes 5:22) "Do not be deceived: Bad companions ruin good character." (1 Cor 15:33) "Do not plan anything that will hurt your neighbour; he lives beside you trusting you" (Prov 3:27) "Keep away from people who stir up trouble by what they say- men who have abandoned righteous life to live in the darkness of sin, men who enjoy senseless evil, unreliable men who cannot be trusted. (Prov 2:12-15) Further, God warns them saying; "Do not follow the majority of people when they do wrong or when they give evidence that perverts justice. (Ex 23:2) *Cruel and inhuman behaviour are manifestation of evil spirits. (Gal 5:15) Such people need deliverance. With the help of the Holy Spirit, they can be delivered. (Jh 14:16 - 26)*

10. Wickedness: Wicked thoughts and actions pour out of people's heart who are captives for selfish desires. Their thoughts and actions are wicked because they do not honour words of Jesus who spoke about self-less love for others. He said; "Love one another as I have loved you." (Mk 12:31) "The greatest love a person can have for his friends is to give his life for them." (Jh 15:13) People are wicked & corrupt because they are bound by selfish desires. Because they are not filled with fruits of Holy Spirit, they live in selfishness which nurtures wicked thoughts and drives them to commit rape, murder, theft, and crime. Because of this selfish attitude, they are filled with jealousy, deceit and malice. Hence, they become immoral, filthy and show indecent actions. Such people worship idols and indulge in witchcraft & black magic.

Their selfish attitude makes them jealous, proud, boastful, angry and ambitious which leads them to fight. They are envious and separate in to groups. They get drunk, have orgies and do other things like these. (Gal 5:19-21) Yes, selfish desires make people greedy, worship idols, drunkards, adulterers, slanderers, homosexuals and thieves. God says; "Such wicked people will not possess Kingdom of God". (1 Cor 6:9-10)

Wicked people gossip, speak evil of others, they are hateful to God, insolent, proud, boastful and they think of evil ways to deceive others. They have no conscience; they disobey parents and do not keep up their promise. They indulge in wicked actions such as witchcraft, black magic, worship of demons and advocate others to follow them. They become greedy and vice. (Rom 1:29-30) They know God, but they do not give the honour that belongs to him, nor do they thank him. Instead, their thoughts have become complete nonsense, and their empty mind is filled with darkness. (Rom 1:21) Instead of worshipping immortal God they worship images made to look like mortal man or birds or animals or reptiles. (Rom 1:23). Because of this God has given them over to shameful passions. Even the women pervert natural use of their sex by unnatural acts. In the same way men give-up, their natural relation with women and burn with passion for each other. As a result, they bring upon themselves the punishment that they deserve for their wrong doing. (Rom 1:26-27) They know that God's law says that people who live in this way deserve death. Yet, not only they continue to do this very thing, but they even approve of others who do them. (Rom 1:32) *Wickedness pour out of people's heart because they do not live with sound doctrine. (Titus 2:1-15 & 3:1-10) They do not live with the life-giving words of Jesus Christ. (Jh 6:63) They do not retain God's life -giving Words in them & meditate on them to be wise. (Sir 6:37) They must fill themselves with fruits of Holy Spirit which will help them to turn away from wickedness, live righteous life.*

11. Unfaithful behaviour: Faithfulness is a fruit of Holy Spirit. Unfaithfulness is a satanic infliction which pour out from heart of people who do not fear God. A person who fears God will be faithful to God & also be faithful to men who are created in the image of God. (Gen 1:27)

In personal life people are unfaithful to family members. They betray family members for selfish desires, worldly possessions, wealth and bodily pleasures. They are so unfaithful to their own family that they even go to the extent of killing their spouse, siblings, even their parents and children for the sake of money/wealth. For illicit sexual pleasures people betray their spouse & siblings and even murder them.

In social life and public life people betray their own countrymen by exposing their country's secrets to enemy country. They become unfaithful to their society by indulging public crimes like; serial killing, serial rape, gang rape, serial robbery, indiscriminate public shooting and terror activities. This is how the evil spirit makes people to become unfaithful to each other and make them to live as enemies & cowards.

In spiritual life unfaithfulness drives them to give up faith in living God- Jesus Christ for the sake of wealth, power, position and pleasure. They shift their loyalty/faith in Jesus Christ to different faith or other religion. *Even Christians give-up their faith in Jesus to embrace satanic worship for power, status and material gains. People become un-faithful because they do not fear of God. (Sir 1:14-20 & Sir: 26-27) Such people must enrich themselves with Word of God, by reading Bible which will fill them with the fruit of the Holy Spirit "Faithfulness."*

12. Pride: Pride has its beginning when a person abandons God, his maker. (Sir 10:12) Pride is a fountain pouring out sin from man's heart. Whoever persist in it will be filled with wickedness. That is why God brought terrible punishment and destroyed people. (Sir 10:13) Pride is the cause for the Satan & one third of angels to fall from heaven. (Rev 12:9) In pride, man becomes arrogant, boastful & stubborn. Thus, pride makes man egoistic and brings division in the family & society. Further, pride makes people to become selfish, jealous, greedy, envy which leads to enmity. In pride people become sad and lose their cheerfulness because they are always worried about their ego, status & self-image. And in pride, people do not hesitate to kill their rivals. People live against God's will for them, which is: "Love one another as I have loved you". (Jh 13:34) Serve one another because "The greatest one among you must be the servant," (Mat 23:11) and "Carry each other burden. In this way you will fulfil the law of Christ". (Gal 6:2) Thus, pride becomes a barrier and separates us from God. (Is 59:1-2)

In spiritual life, pride makes people stubborn. Pride does not allow people humble themselves before mighty hand of God. Further, pride does not allow people to repent for their sins. (Ps 51:17) In pride people justify their sins before God. They even cite others as cause for their sins & blame others for their sins. *People become captive for pride when they reject God from the core of their heart. (Sir 10:12-18) Such people will hold on to external form of religion and practice their faith as external ceremony. (Phil 3:3) God hates a person who lives in pride, (Prov 6:16, Ps 5:4-5, 101:5) but says; "Humble yourself before the mighty hand of God. He will lift you at his own good time." (1 Pet 5:6)*

13. Jealousy: Jealousy is a very dangerous sin. It is like the disease 'cancer'. If you are caught in it, you will never enjoy peace & rest which Jesus promised. (Jh 14:27 & Mat 11:28) Jealousy will destroy your life.

Jealousy erupts in a person when he is not satisfied with what God has given him. Jealousy pours out of a person's heart who has not accepted God's plan for him, his possessions & his blessings from the hands of God. Jealousy will bring spiritual death in him, because, in jealousy he cannot live joyfully with what God has given him. He will always feel inferior to his neighbours and envy those who are better than him in wealth, education, employment, status, health, and having a better family life than him. He does not understand that; unless he is chosen by God to have big status and much wealth, he cannot have them. For God said; "By my great power & strength I created the world, mankind and all animals that live on earth. And I give it to anyone I choose". (Jer 27:5) Further Jesus said; "No one can have anything unless God gives it to him. (Jh 3:27) Yes, everything comes from the hands of God.

A person who lives with jealousy will have no spiritual life which Jesus promised. For he said; those who believe, rivers of life will pour out from his heart". (Jh 7:38) The Scripture says that; "It was the Devil's jealousy that brought death in to this world and those who belong to Devil live in jealousy and die. (Wis 2:24) Yes, if a person lives with jealousy, he will die for the spiritual life which Jesus gives. If there no spiritual life in him, he is dead for God. Then his body becomes a hiding place for evil spirits, (Jer 7:11) because Jesus said; "Where ever there is dead body, vultures (evil spirits) will feed on it. (Luke 17: 37)

Jealousy is the source of all evil. It will nurture envy, pride, enmity, vengeance, revenge, separation, fight, viciousness & envious competition. These negative traits will make a person to be deceitful, do back-stabbing and it will drive him to commit murder. (Jas 4:1-2) Thus, jealousy will lead you in the road of death in which sinners walk. (Sir 21:10 & Prov 2:9-18) Jealousy will destroy good life, prosperity & good future which God has planned for you. (Jer 29:11& Jer 32:40-42)

People become jealous when they do not understand God's plan & his blessings for them. Thus, they fail to realise how important & precious they are in God's eyes. About our importance & preciousness God said;

I have called you by name, you are mine. (Is 43:1)

Israel, you belong to me. You are precious in my eyes. (Is 43:4)

I will give up Egypt, Sudan & Sheba to set you free from sin. (Is 43:3)

I have created you so that you will glorify me. (Is 43:7,1 Cor 6:19-20)

I will make you as an Iron pillar and bronze wall against your enemies. (Jer 1:18-19 & Jer 15:19-21)

I will never leave you nor will I forsake you. (Heb 13:5)

I have a great plan for your future and prosperity. (Jer 29:11)

I will provide all your needs from the wealth of my glory. (Phil 4:19)

I have given you authority to walk on snakes & scorpions and overcome the power of the enemy. (Luk 10:19 & Mat 28:18)

I work everything good for you in all things. (Rom 8:26)

I will never refuse anything good for you. (Ps 84:11)

I will be with you till end of ages. (Mat 28:19-20)

I will make you as my beautiful crown. (Is 62:3)

A person who is not aware of what God has spoken about him as given above or if he does not believe in God's promises for good future & prosperity, then he envies others, whom he thinks that; "they are living better life than him". His envy turns in to jealousy & burns in him to destroy his life & future. About jealousy God said the following:

> "Where there is jealousy and selfishness there is also disorder and every kind of evil. (Jas 3:16)

> Anger is cruel & destructive, but jealousy is much worse than anger. (Prov 27:4)

> In jealousy you desire, but you cannot have them. So, you are ready to kill. You strongly desire things out of jealousy, but you cannot get them. So, you quarrel & fight. You do not get what you want because your motives are bad." (Jas 4:2-3)

> Out of jealousy do not desire another man's house; do not desire his wife, his slave, his cattle, his donkeys, or anything else that he owns. (Ex 20:17).

> Do not do anything out of jealousy or cheap desire. Always consider others better than yourselves in humbleness. (Phil 2:3)

> You must not be proud or irritate one another or be jealous of one another. (Rom 13:13, Gal 5:26 & Titus 3:3) *So dear believer, "Do not be jealous of sinful people; let reverence for God be the concern of your life. (Prov 23:17) "Remain joyful always, pray at all times and thank God in all circumstances, for God calls you to accept your body, your life, your possessions, your status, your education/ profession as his will for you, (1Thes 5: 16-19) and rejoice in him always. (Phil 4: 4)*

14. Memories of past sins: The memories of past sins linger in our mind. Though people may have given-up sin physically, the memories of past sins will make them to entertain sinful pleasures in mind out of those past memories and make them to abuse themselves

physically or commit sin in mind. It is true that our sub-conscious mind retains the memories of past sins, past sinful relations, sinful pleasures, memories of pornography videos, memories of reading sinful books & dirty literatures etc. People become captives for memories of past sins and prisoners for the memories of past sinful relations. (Ezkl 12:11-12) These past memories troubles them often and thus they live with these sins in mind by pondering over the past sins & sinful relations in leisure time, enjoy those sinful pleasure in mind and repeatedly abuse themselves physically. If a person entertains sin in mind, though not he physically indulges in it, he is guilty of sin, for Jesus said; "If you look at a woman and desire her in mind, you are guilty of committing adultery in his heart. (Mat 5:28) Thus your mind becomes your enemy.

People indulge in these types of sins because they refuse to retain God's Words in mind which will guide them in light of the Lord, (Sirach 50:28-29) heal their mind, (Proverbs 4:20-21) transform their inner being (Rom 12:1-2) and give New Life. (Zephaniah 3:17) Yes, God said; Do not cling events of the past or dwell on what happened long ago. (Do not linger on memories of past sins and relations) Watch out for new things I am going to do. (God will transform you) It is happening already; you can see it now. I will make a road through wilderness & give you streams of water there. (Is 43:18)

God promises to break all strongholds of sins, its memories, (2 Cor 10:3-5) and cleanse your mind & soul and renew your life by his Spirit. (2 Cor 4:16-18) Yes, the life-giving words of Jesus will erase all the past events & its sinful memories, because God has promised that; "My message is like a fire & a hammer. It will break rocks in to pieces. (Jer 23:29) Yes, words of Christ will work as a hammer and break all stronghold of evil bondages in you. Further, it will act as fire and burn-up all sinful memories/hurts & spiritual bondages lying in your sub-conscious mind. Jesus said to his disciples; 'You are already cleansed by words spoken by me.'" (Jh 15:3) It means, if you accept life-giving words of Jesus, (Jh 6:63) obey them (Luke 11:28) his powerful words will cleanse your past sinful memories & give you New Life. (Zeph 3:17)

God spoke through Prophet Isaiah. He said; "Precious blood of Jesus will wash people's sins & its past memories in the subconscious mind and cleanse their soul." Yes, Jesus says; "You are stained red with sin, but I will wash you as clean as snow. Although your stains are deep red, you will be as white as wool. (Is 1:18) But people who choose to live in sin and enjoy its senseless pleasure will continue to remain in darkness as captives & refugees for sin. (Ezekiel 12: 11-12)

15. Cursing others: From childhood we have been hearing parents, relatives, friends cursing others in anger & selfish desires. Hence, we children have become captive for this sin; cursing others. As we grow, we become habituated to curse. This sin 'curse' pours out from heart.

God warns people who indulge in this sin, as we read below:

God said: A tree is known by the kind of fruit it gives. You will be known by your words, for your mouth speaks from abundance of your heart. (Mat 12:33-34) It is not what goes inside your mouth make you ritually unclean. It is what comes out of your mouth makes you unclean. (Mat 15:11) The things that come out of your mouth comes from your heart. These are the things that makes you ritually unclean. (Mat 15:18) If your words are kind, it is like honey- sweet to taste and good for health. (Prov 16:24) Your kind answer to others will put down their anger. But if your words are curse, it will stir up anger in others. (Prov15:1) What you say can preserve life of another person or destroy it; so, you must accept the consequences of your words. (Prov 18:21)

Do not use harmful words (curse) but only helpful words, the kind that builds up and provide what is needed, so that what you say will do good to those who hear you. (Eph 4:29) You must get rid of those things; anger, passions and hateful feelings. No insult / curse, or obscene talk should come out of your lips. (Col 3:8) Jesus said "Whoever believes in me, streams of life-giving words will pour out of his mouth," (Jh 7:38) instead of curse. Further, Jesus said; Take my yoke, put it on you and learn from me, because I am gentle and humble in spirit (words) and you will find rest. (You will enjoy life) (Mat 11: 29)

16. Using foul/abusive language, and hurting words: It is not befitting for you to use language which is obscene, profane, or vulgar. Rather you should give thanks to God. (Eph 5: 4) Do not use harmful words, but only hopeful words, kind words that builds up others life and provide what is needed, so that what you say will do good to those who hear you. (Eph 4:29) Ask God to bless who persecute you - yes, ask him to bless, not to curse. (Rom 12:14) Yes, you are not to pay back evil with evil or cursing with curse; instead, you pay back with a blessing because, blessings is what God promised to give you when he called you. (1 Pet 3:9) God told Moses to tell Aron and his sons to use the following words to bless people of Israel. "May the Lord bless you and take care of you." "May the Lord be kind & gracious to you". "May the Lord look at you with favour and give you peace." (Num 6: 23 - 26) As Christians we are called use our words wisely to bring life in others.

Get rid-off anger, passions and hateful feelings. No insulting or

obscene words must come out of your mouth for you have taken off your old-self with its old habits and put on the new-self. This is the new being which God the Creator is constantly renewing his own image in you, in order to give you full knowledge of himself. (Col 3:8-10) So be wise in the way you act towards non-believers making good use of every opportunity. Yes, you are supposed to speak the right choice of words to draw non-believers & make them to accept Jesus. Your speech should be always pleasant & interesting. You should know how to give right answer to people so that they recognise Jesus in you. (Col 4:5-6)

Does anyone think he is religious? *If he does not control his tongue his religion is worthless and he deceives himself. (James 1:26) God asks two questions to such person; "Can a spring pour out sweet water and salt water from the same opening"? Then how words of thanks giving and curse pour out from mouth of my people? (James 3:10 -11)*

People who commit sin by abusing tongue struggle and suffer with-in themselves to give-up this habit of using foul, abusive, insulting and hurting language. Because they lack indulgence in Praise and Worship of Living God. Every day if they praise Jesus Christ in a loud voice in worship, Jesus Christ who dwells in their praises will deliver them from this bondage, (Ps 22:3) like how the wall of Jericho was broken by 'Loud praises' when Joshua led the Israelites. (Josh 6:1-20)

Yes, God will open way for them and lead them out of exile. (Their bondage) They will break out of the city gates-their bondage, and go free. Their King, Jesus Christ himself will lead them out. (Micah 2:13) Yes, Jesus Christ who is 'Word of God' (Rev 19:13) whose message is like a 'fire and hammer' will break the rocks- (their bondage for abusive language), in to pieces. (Jer 23:29) Yes, if you sincerely desire to give-up your abusive tongue, Jesus promises to help & deliver you them from this bondage and sanctify your words.

17. Telling lie: The sin 'lying' spontaneously pours out of people's heart because they fear of being confronted with truth and also, they fear of losing reputation. But they are fools, because, they do not realise that they are going to end up in great embarrassment and lose credibility when the truth is made known. (Prov 12:19) In order to wriggle-out of situation, or to escape guilt, or to blame an innocent person, or to gain undeserved benefits, people tell lies spontaneously least realising that; "The riches they get by dishonesty (lying) will soon disappear, not before they lead them to the jaws of death". (Prov 21:6)

Further, to gain favour from people or to support/help some known person clandestinely, or to save their children, spouse, or sibling from getting in to legal complications, people give false testimony /evidence before others or state authorities. In the present days we see people spread lies/false rumours on character of spinsters, girls, and married women, thus destroy their life. But God warns such people and says; "Do not bear false witness" (Ex 20:16) or "Give evidence against someone else without good reason or say misleading things about him." (Prov 24:28) Because, God hates a lying tongue. (Prov 6:16-19) Lying tongue is an abomination to the Lord. (Proverbs 12:22)

People spread lies/false rumours to instigate communal disharmony, which triggers riots and ends in civil disturbance leading to loss of innocent life. God warns them saying; "Do not spread false rumours and do not help a guilty man by giving false evidence". (Ex 23:1) No more lying, then! Everyone must speak truth to his fellow believer, because we all are members to gather in the body of Christ. (Eph 4:25) Further God said; "If someone says that he knows Jesus but not obey his command, such person has not truth in him. He is a liar. (1 Jh 2:4) Finally, God sternly warns on the fate of liars; "Cowards, traitors, perverts, murderers, the immoral, those who practice black magic, those who worship idols and all liars, the place for them is the lake burning with fire & sulphur which is the second death". (Rev 21:8)

18. Speaking ill of others: Deep selfish desires make people to speak ill of others. Because, either they want to feel superior to others (or) they are jealous of others and want to tarnish their image. This sin is common among people and it pours out of their heart. People display such behaviour when they feel inferior to others either in social status or in education or in profession or in wealth or in any other thing which they feel that others are superior to them. People are always ready to speak evil and they never hesitate to tell lies. They are ready to accuse their own brothers/sisters to find fault & criticise them. (Ps 50:19- 21)

It is foolish on our part to speak scornfully of others. If we are sensible, we will keep quiet. (Proverbs 11:12) You should be careful in what you say about others & protect your life. If you talk carelessly, you will destroy your life. (Prov 13:3) God warns you, saying; "Do not criticise one another. Whoever criticises a Christian brother or judges him, criticizes the Law & judges it. If you judge the Law, then you are no longer the one who obey the law, but one who judges it. God is the one who is the Lawgiver and Judge. He alone can save and destroy. Who do you think you are to criticise your fellow man? (James4:11-12)

Further God warns: "Do not judge others by speaking ill of them and God will not judge you. Do not condemn others by speaking evil of them and God will not condemn you. Forgive others, God will forgive you. Whoever is angry with his brother will be brought to trials. Whoever calls his brother 'You good for nothing fellow!' will be brought before the Council. And whoever calls his brother "a worthless fool" will be in danger of going to the fire of hell. (Mat 5:22 & Luke 6:37) Yes dear believers, do not criticise or do not use harmful words. But only helpful word, the kind of words that builds up and provide what is needed, so that what you say will do good to who hear you. (Eph 4:29)

You should not to speak evil or ill of anyone, or criticise them, but be peaceful and friendly. Always show gentle attitude towards everyone. (Titus 3:2) Does anyone think he is religious? If he does not control his tongue his religion is worthless. He deceives himself. (Jas 1:26) Once again God warns us saying; "Hold back from speaking evil / ill of others and from telling lies. Turn away from speaking evil / ill of others and do good. Strive for peace with all your heart. (Ps 34:13-14)

19. Swearing in the Lords' name: People are habituated use their tongue irresponsibly and commit sin. They do not exercise control over tongue which causes fire in their life because they make promises in the Lord's name. People are so casual and unmindful, that they are in the habit of using the Lord's Name in vain for trivial things and make promises causally in the Lord's name. They are not mindful about the seriousness on 'how sinful it is to make promises in the Lord's name.' God warns such people, not to use his name in vain as we read below.

Do not use my name for evil purposes, for I, the Lord your God will punish anyone who use my name in vain. (Ex 20:7 & Duet 5:11) Do not make promise in my name if you do not intend to keep it and bring disgrace to my name, for I am the Lord your God." (Lev 19:12) My brothers, do not use an oath when you make a promise. Do not swear by heaven or by earth or by anything else. Say only "Yes" when you mean yes, and "No" when you mean no. Then you will not come under Judgement. (Jas 5:12) To those who do not abide by these warnings, Jesus cautions them saying; "I tell you; do not make a vow when you make a promise. Do not swear by heaven for it is God's throne, nor by earth for it is the resting place for his feet. Nor by Jerusalem for it is the city of the great king. Do not even swear by your head because you cannot make a single hair white or black. Just say Yes or No. Anything else you say comes from the Devil. (Mat 5:34-37)

Further, Jesus continues to warn people. He said; “You can be sure on the judgement day; everyone has to give an account of all the useless words he has spoken. Your words will be used to judge you to declare you either innocent or guilty.” (Mat 12:36-37) Can salt water and sweet water flow from same spring? If not, then, how can a tongue which is used for praising & thanking God can profane God’s name by making promises in his name. (Jas 3:8-12) God’s will for man is; He should honour God’s name by not using his name in vain”. (Ex 20:1-7)

Finally, Jesus warns people who swear by Lord’s name: “Not everyone who calls me ‘Lord, Lord’ will enter the Kingdom of heaven, but only who do what my Father in heaven wants them to do. When the judgement day come, many will say to me; ‘by your name we drove our many demons & performed many miracles’. Then I will say to them, I never knew you, get away from me you wicked. (Matthew 7: 21-23)

20. Indulging in unwanted or frivolous conversations: The advanced technology & communication systems have brought the whole world within reach of fingers. The social media, internet & mobile phone has brought people at far ends of the earth ‘face-to-face’. Yes, it is good have friends & converse with them so long such conversation enlightens us in the Spirit of Wisdom, knowledge, counsels each other to get over distress and enriches us in God’s life-giving words, (Jh 6:63) so that we live a cheerful and holy life that pleases God. (Eph 5:10,17)

God teaches man how to converse: A sensible person will know to whom he should talk, how far he can extend his conversation, what his limit is and when he should end. A wise person will see trouble brewing and avoid conversation. But a fool will walk right in to it and regret it later. (Prov 27:12) Someone who is sure of himself does not talk all the time. Such people stay calm because they have real insight. (Prov 17:27) One should be careful in what he says to protect his life. A careless talker will destroy his own life. (Prov 13:3) Everyone must be quick to listen but slow to speak and slow to become angry. (Jas 1:19) If you want to avoid trouble, be careful in what you say. (Prove 21: 23)

A fool does not care whether he understands a thing or not; all he wants to do is to show how clever he is and get in to problems. (Prov 18:2) If you indulge in long conversation with a woman or a man, her beauty or his personality will lure you and deceive you to commit sin. God said; “Do not visit stupid people and spend lot of time talking with them. Avoid them; then they cannot contaminate you and you can live in peace without being troubled or worn down by their foolishness.

(Sir 22:13) Do not fall into the habit of coarse and profane talk; it is sinful. You might forget yourself while in the company of cunning people and get trapped by your conversation. (Sir 13-14) "If you indulge in unwanted conversations/loose talks with any person, you will expose your weakness, which will make the other person to take advantage over your weakness; particularly if that person is of opposite sex, then it will end up in sin in one way or other". (Sirach 28: 13-26)

Further, in long conversations people will deceive you in faith and in true worship. They will take you far away from Christ like how King Solomon was deceived in faith to worship pagan. (1 Kgs 11:1-8, Duet 11:16, Mat 24:24 & 2 Cor 11:3) See to it that no one enslaves you by means of human wisdom, which comes from teachings by men and from ruling spirits of the universe, but not from Christ. (Col 2:8) Jesus said; be on guard; don't be deceived. Many claiming to speak for me will come to say, I am the Messiah! And the end has come. Do not follow them. (Luke 21:8) Do not let anyone to deceive you with foolish conversation. Have nothing to do with such people. (Ephesians 5:6-7)

It is important to make it a practice that before you converse to pray, asking; "Lord place a guard at my mouth, a sentry at the door of my lips, (Ps 141:3) so that I may not be deceived by my own words. While conversing if anyone thinks that he is wise, when he is really not, then he deceives himself. (Gal 6:3, Obadiah 1:3) Such person will go on from bad to worse, deceiving others & also get deceived by others. (Rom 16:18 & 2 Tim 3:13) "Put yourself to test & judge yourself to find whether you are walking in light of the Lord. (Sir 50:28-29) Else, your words will deceive you. (2 Cor 13:5) No one should deceive himself. If anyone among you thinks that he is wise by this world's standards he should become a fool in order to be really wise. (1 Corinthians 3:18)

21. Remaining Idle: Many indulge in this sin by sitting idle and waste God given precious time. People who are healthy sit idle and blame God and others for their poverty. To such people God says; "If you are lazy, you will never get what you want, but destroy yourself. If you work hard, you will get a fortune. (Prov 12-27, Prov 18:9 & Prov 21:25) Hard work will reward you; being lazy will make you a slave. (Prov12:24) Further God said; "Do not waste time by going house to house gossiping and do things that you should not do. (1 Tim 5:11-13) "An idle mind is a devil's workshop". For, while idling people ponder over their past bad experiences & hurting words spoken by others. This attitude will nourish anger, bitterness, hate & grudge which will become a barrier to maintain good relation by forgiving other's past misdeeds.

Lazy people fail to realise that God has great plan for them, as he said; "I alone know the plan I have for you, plans to bring prosperity and not disaster, plans to bring about good future you hope for." (Jer 29:11) Yes, in his plan, God is waiting to bless you with good future in material life and in spiritual life. But God expects you to work hard, first to establish your family with prosperity and then to harvest souls for Christ." For, Jesus said; "The harvest is plenty but the labours are few to gather it. Pray to the owner of the harvest that he will send more workers to gather it. (Luke 10:1-4) After resurrection Jesus said; Go to all people everywhere and make them my disciples; baptise them in the name of Father, Son and the Holy Spirit and teach them to obey everything I have commanded you. I will be with you always to the end of age. (Mat 28:19) A servant who knows what his master wants him to do, but if he is lazy do, it will be punished with whipping. (Lk 12:47)

God warns Lazy people. He said; "Be careful in how you live. Do not live like ignorant people, but as wise people. Make good of every opportunity you have, because these are evil days. Do not be fools, but try to find what the Lord wants you to do". (Eph 5:15-17) The best thing to do is; "to meditate on God's Words in leisure time" (Sir 6:37) If you do, the Spirit of God will give insight and wisdom on the secrets of Heavenly Kingdom, (1 Cor 2:1-10) and guide you to walk in the path of holiness. (Is 35:1-10) Yes, if you reject sin, use every opportunity to harvest soul for Christ, (2 Tim 2:22) then God will bless your family with all good things, (Is 58:11-12) establish you well and raise you to a status beyond your reach. "Put yourself to test and judge yourself to find out whether you are living a life that is pleasing God." (2 Cor 13:5)

22. Indiscipline attitude: If you are not disciplined, you are bound to stray away from righteous path and live in sin. In social life if your desires, thoughts and actions are not disciplined, you are bound to cross boundaries in obeying State Laws and you will be condemned for it. In physical life if you are not disciplined, you will astray in your habits & relations. You will become a captive for sinful habits, sinful relations & forbidden relations. In spiritual life if you are in not disciplined, you will be deceived in faith. Instead of worshipping true God-Jesus Christ, you will indulge in pagan worship and you will be worshipping things that are created instead of worshipping the Creator. Yes, your mind will be tricked to indulge in forbidden worship and you will be worshipping evil spirits/ Satan. God is calling for the following discipline in your life:

Discipline in mind. Our mind controls the body. If we do not exercise self-control over mind by obeying Lord's teachings that come from

'Heavenly Throne' (Micah 4:2) our mind will lead us to destruction. "If you refuse to learn from Lord's teachings, you are hurting yourself". If you accept correction, you will be wise. (Prov 15:32) If you cannot control mind, you are as helpless as a city without walls, open to attack. (Prov 25:28) Control your mind to protect yourself from sin. (Titus 2:6)

Discipline in desires: God asks; from where all fight & quarrel among you come from? It is because of your desires for pleasure, which are constantly fighting within you against your soul. (1 Pet 2:11) You want things, but you cannot have them. So, you are ready to kill. You ask God but he does not give, because; your motives are bad. You ask for things for your own pleasure out of your selfish desires. (Jas 4:1-4) Men are driven by selfish desires which makes them to live in a hostile manner with their siblings & neighbours. God condemns them by saying; their greed is the cause for their desires which is idolatry. Their desires are the source for all kind of evil. (1Tim 6:10, Eph 5:3, Col 3:5)

Discipline in eyes: Jesus said; "Your eyes are the lamp for your body. If your eyes are sound your whole body will be lit up. If your eyes are no good, your body will be in darkness. So, if the light in you is darkness how terrible dark it will be!" (Mat 6:22-23) Further he says; never look at a woman with lust. (Job 31:1) Anyone who looks at woman and wants to possess her is guilty of committing adultery in his heart. (Mat 5:28) It is through your eyes evil spirits enter your mind & drive you to do all evil things. Yes, what your eyes sees in internet or what you read in books, if they are filth, your eyes will lead you in sin.

Discipline in words: God said; "I have made a covenant with you. I have given you my Word & Power to be yours for ever & ever. From now on you are to obey them and teach your children & decadents to obey my words for all time. (Is 59:21) If you speak God's life-giving words, it will bring life in others & renew your spirit. If you speak evil, it will destroy other's reputation/life. Kind words brings life in others but cruel words crush the spirit. (Prov 15:4) A person's words can be source of wisdom, as deep as ocean and fresh as flowing stream. (Prov 18:4) You can be ruined by words of a godless person. Words of wisdom of a righteous can save your life. (Prov 11:9) Be careful in choosing words so that you do not sin by words of your mouth. Your words will stand as witness against you on the day of judgement. (Mat 12:36-37)

Discipline in actions: Do not deceive yourself by just listening to God's words; instead put them in to practice. A person who puts God's words in to practice by faith, will be blessed by God in what he does.

(Jas 1: 22-24) But if your actions are not based on faith, it is sin. (Rom 14:23) Your actions must not only be based on faith, but it must also be based on love. (1 Cor 13:1-12) But if you act like wild animals, hurting & harming each other, then watch out, or you will completely destroy one another. (Gal 5:15) The Lord is pleased with actions based on faith & love, but condemns those who plan evil actions. (Prov 12:2)

Discipline in dress: Women are not to wear men's clothing (tight fitting-revealing her body) and men are not to wear women's clothing. The Lord your God hates people who do such things. (Duet 22:5) The Lord says; "Do not cut your hair on the sides of your head, or trim your bread or tattoo yourself or cut gashes on your body to mourn for the dead". (Lev 19:28) God wants that; woman must be modest & sensible about cloths and dress properly. (1 Tim 2:9) Woman should cover her head in worship. (1 Cor 11:1-15) Women should not use outward aids to look beautiful in such a way to do stylish hair dress or use jewellery or dress attractively, (1 Peter 3:3) for, it will distract even a pious man in church worship and lure him to commit sin in his heart. (Mat 5: 28)

Discipline in what you eat & drink: All food may be eaten because God has commanded it to be so. (Gen 9:3) But do not eat meat with blood in it, because blood carries life in it. (Gen 9:4, Duet 12:23 & Lev 17:10-12) Do not eat animals which are dead or killed by another animal. (Lev 22:8) Do not eat pork, mice & other disgusting animals. (Is 66:17) Avoid eating red meat. Do not drink wine or do anything that will make your brother fall. (Rom 14:20-21) Whatever you do, whether you eat or you drink, do it for glory of the Lord. (1 Cor 10:31)

Discipline in worship: God wants obedience in everything. (Duet 28:1-14) He says do not defile yourselves in worship by being ritually clean. Yes, God want us to observe the following discipline in worship:

- > To worship the Lord before sunrise between 3 & 6 AM. (Wis 6:12-21)
- > To Keep separate table/platform for worship and worship God on that table only. Do not lean on the bed on which you sleep while praying (or) worshipping (or) singing praises to God. (Lev 15:4, 1 Esd 9:37-42)
- > To use separate set of white dress exclusively for worship. (Lev 16:4)
- > To not to enter in worship without taking bath after uniting in love with your spouse. (Lev 15:18 & Heb 10:22)
- > To not to defile yourself in worship by uniting in love with your spouse when she is on menstrual period. (Lev 15:24 & Lev 18:19)
- > To change linen of the bed on which you loved your wife. (Lev 15:17)
- > To change the linen of the bed when it is stained during menstruation of your wife & not to sleep on soiled linen. (Lev 15:26-27)

- > To bath after emission of semen for you remain unclean. (Lev 15:16)
- > To worship the Lord with repentant heart. (Is 59:1-2 & Joel 2:12-13)
- > To worship the Lord with thankful heart. (Ps 50:14 & Phil 4:6-7)
- > To worship the Lord by singing his praises. (Acts 16:25-26)
- > To Observe fasting as the Spirit leads you. (Jer 36:9 & Esth 4:14-16)
- > To not to reject the Holy Spirit & the inspired messages. Honour the Lord by obeying the inspired messages. (Eph 4:30 & 1 Thes 5:19-22)

God's warning on Discipline: Unless you have strict discipline in physical life & spiritual life you are bound to lose eternal life. *God's Spirit will lead you along difficult path. He will make you so afraid that you will think that you cannot go on. The discipline he demands will be so tormenting and he will put to test with his requirements until he trust you completely. Then he will come to you without delay, reveal his secrets (Col 1:27) and make you happy. But if you go astray, he will abandon you and let you go to your own ruin. (Sir 4:17) Yes, God corrects a person whom he accepts as his son to discipline him. (Hebrews 12:5-11 & Revelations 3:19) When God corrects you, pay attention & take it as warning. The Lord corrects those whom he loves, as a father corrects a son of whom he is his proud. (Proverbs 3:11-12)*

As a believer and as a spiritual person, you must remain blame less. You should not be arrogant or quick tempered, or drunkard or violent, or greedy for money. You must be hospitable and love what is good. You must be self-controlled, upright, holy and disciplined. (Titus 1:8) You must not confirm yourself to the standards of this world, but allow God to transform you inwardly by a complete change of mind. Then you will be able to know the will of God, what is good and pleasing to him and perfect. (Rom 12:2) As a loving son, finally God warns you; "If you discipline your thoughts and be willing to learn, you will be kept safe from sin in this life and granted mercy after death". (2 Esd 14:34)

23. Careless Eating & drinking habits: Our body is a precious gift from God. (Is 43:4 & Ps 139:14) About us, God said; "They are my people. I created them to bring me glory", (Is 43:7) and 'our body is the temple of the Holy Spirit'. (1 Cor 3:16-17) So, God call us to glory his Spirit in our body. (1 Cor 6:19-20) God wants; we should remain healthy by eating healthy food in required quantity. (Ecc 2:24, 3:13, 5:18) Before we eat, we must thank God for providing us food (1 Cor 6:13) though one third of world's population remain in below poverty line. Some have desire to eat excessive food to satisfy their greed. People say; 'let us eat well & drink for tomorrow we may die'. (Is 22:13) Eating food excessive to our body's requirement is sin, which is called gluttony. "Some will say food is for stomach and stomach is for food.

But God says; 'I will put an end to both'. (1 Cor 6:13) **If your aim in life is only to eat & drink, it is idolatry and sin before God, for; life is more worth than food & body is more important than cloths. (Lk 12:23)**

People are habituated to excessive consumption liquor & drugs and abuse their body by showing dis-respect to temple of Holy Spirit. People who indulge in excessive eating & drinking are going to end up in hell, because their god is their bodily desires. They are proud of what they should be ashamed of. They think only of things that belongs to this world. (Eph 3:19) God warns; do not associate with people who drink excessive wine & stuff their stomach with food. (Prov 23:20) Dear believer, you have freedom in Christ. But do not allow this freedom to make you slaves for eating & drinking and commit sin. (Gal 5:13 & 1 Cor 8:9) Drunkards & gluttons will be reduced to poverty. If all you do is to eat & sleep, you will soon be wearing rags. (Prov 23:21) Drinking too much wine makes you loud & foolish. It is stupid to get drunk. (Prov 20:1) God said, do not get drunk with wine but be filled with Holy Spirit. (Eph 5:18) For life is more than food & body is more than clothes. (Lk 12:23) Food will not, however, improve your relation with God. You will not lose anything if you do not eat. Nor will you gain anything spiritually by eating. (1 Cor 8:7) **Cloth yourself with Christ. Your conduct should not defile you in any way. Do not be worried always on how to satisfy the desires of body but glory God's Spirit in your body. (Roman 13: 14)**

God warns that; some people are habituated to eat food and drink broth offered in forbidden shrines/pagan's altar. Thus, they abuse their body which is the temple of Holy Spirit by consuming such food & by drinking in forbidden shrine. They are indulging in sin. God's warning says; "What is sacrificed on pagan's altars is offered to demons not to God. And, I do not want you to be partners with demons. You cannot drink from Lord's cup and also from demon's cup; you cannot eat from the Lord's Table & table of demons. (1 Cor 10:18-21)

24. Abusing body for sexual pleasures: Sexual relation in marriage is God's gift for pro-creation and for sharing love between husband & wife. God's blessing to Adam & Eve; "Have many children, so that your descendants will live all over the earth & bring it under control" could not have been fulfilled without sexual relation in marriage. (Gen 1:28) Our body is not to be used for sexual immorality but to serve the Lord and the Lord is the provider for the body. (1 Cor 6:13) So, God warns man not pervert this sexual relation, because it is holy in God's eyes. (Heb 13:4) Your body is a part of Christ body! So, can you abuse Christ's body by indulging in sexual immorality? (1 Cor 6:15) **Sinful**

sexual desires pours out of heart. It is a blazing fire which will destroy you if you do not have self-control. If you live for nothing but for sexual pleasures, you will keep on, until that fire destroys you. (Sirach 23:16)

Further God warns man. He said; 'Avoid immorality. Any other sin a man commits does not affect his body; but a man who is guilty of sexual immorality, sins against his own body". (1Cor 6:18) Each one should know how to control passions and live in honourable manner, not with lustful desires like the heathen who does not know God. (1 Thes 4:4-5) Avoid passions of youth and strive for righteousness, faith, love & peace. (2 Tim 2:22) Don't you know that your body is the temple of the Holy Spirit who lives in you, who was given to you by God? You do not belong to yourself but to God. He bought you for a price, (Blood of Christ). So, use your body for God's Glory." (1 Corinthians 6:19-20)

But people have no reverence to what God has spoken about their physical body and sexual relation. They indulge in all kind of sexual abuses to satisfy pleasures of mind & body, such as; self-abuse (masturbation & using sex toys) and virtual sex (indulging in sexual fantasies by using electronic gadgets). Further, they abuse human relations in the following manner: They indulge in; fornication, (sex before marriage) incest relation (having sex with siblings - Lev 20:17), orgy (group sex), adultery, (illicit relation) swapping of spouse, (couples exchange their spouse with deliberate consent for sexual pleasure) contract marriage, (living with a man/woman for a specific period only for bodily pleasures) living-in relations, (man and women living together for fun & sexual pleasure without marriage) Gay relation, (sexual relation between two man.) and Lesbian relation. (Sexual relation between two women) (Gen 19:1-29) People who conduct forbidden/satanic worship indulge in orgy (group sex) as a part of ritual in their worship. (Ex 32:1-7 & 1Cor 10:7-14) In extreme cases, parents abuse their own children sexually and cause children to indulge in sin and invite God's curse on themselves. (Mat 18:6) Further, sick minded sexual perverts indulge in sex with animals. (Lev 18:23) People indulge in such kind of sexual acts to enjoy forbidden sexual pleasures & abuse their body which is the temple of the Holy Spirit. (1 Cor 3:16)

All these sins are against teachings in of Christ. By abusing the physical body for sexual pleasures, people live in sin and commit sin against their own body. **But God warns them saying; "You must put an end to death, then, the earthly desires at work in you, such as; sexual immorality, indecency, lust, evil passions and greed. Because such thing will bring God's anger upon you. (Colossians 3:5) Yes, God wants**

you to be holy and completely free from sexual immorality. (1Thes 4:3)

25. Superstitious beliefs: God has promised man prosperity and good future. He said; I alone know the plan I have for you, plans to bring prosperity not disaster, plan to bring about good future you hope for." (Jer 29:11) **Concerning sickness & good health God said;** "Be sure that you obey me in everything all I have commanded you so that everything will go well with you." (Duet 5:32-33) and "Why spend money on what do not satisfy? Why spend your wages and still be hungry? Listen to me what I say and you will enjoy best of the food of all. (Is 55:2) Further, God said; "If you who obey me, my saving power will raise on you like a sun & bring healing like sun rays. You will be as free and happy as calves let out of stall, totally healed". (Malachi 4: 2)

Unfortunately, people do not rely on God's promises, because the Satan deceives their mind in faith. Hence, they become anxious about their future, prosperity and sickness. The Satan uses their anxiety and captivates their mind to depend on superstitious beliefs such as; depending on omen, auspicious time, believing in astrology, Vastu, zodiac signs, palmistry, consulting spirit of the dead, and indulge in witchcraft and black magic to know their prosperity, future and to get over their chronic sickness. Thus, people are deceived to trust in living God who never stops doing good things for them. (Jer 32:40-42)

About superstitious belief God said: "Keep away from godless legends and irreverent silly myths. Keep yourself in training in godly life. (1 Tim 4:7) "See to it that no one enslave you by worthless human wisdom, customs & beliefs which comes from teachings handed down by men and from the ruling spirits of the universe and not from Christ. (Col 2:8) Do not follow customs of other nations; do not be disturbed by unusual sights in the sky, even though other nations are terrified. (Jer 10:2) Do not go for advice to the people who consult the spirit of the dead. If you do, you will be ritually unclean. (Lev 19:31 & Is 8:19)

Do not follow disgusting practices of other nations. Do not sacrifice your children in the fire on your altars. Do not let your people practice divination or look for omens or use spells or charms and do not let them to consult the spirit of the dead. The Lord God hates such practices. Be completely faithful to the Lord. (Duet 18:9- 13) God was highly displeased with King Manasseh who sacrificed his sons in the valley of Hinnom as burnt offerings. He practiced divination & magic, consulted fortune tellers & mediums. He sinned greatly against the Lord and invited his anger. (2 Chr 33:6) God rejected descendants of

Jacob because they practiced magic and foreign customs. (Isaiah 2:6)

God said; "Some people will abandon faith in later days. They will obey the lying spirits and follow the teachings of demons. Such teachings are spread by deceitful liars whose conscience are dead. Such people will tell; 'it is wrong to marry' and 'to eat certain food'. But God created those food to be eaten after a prayer of thanks by those who are believers and have come to know of the truth. Everything that God has created is good; nothing is to be rejected, but everything is to be received with a prayer of thanks. (1 Tim 4: 2-4) **Thus people turn away from God in faith. They repose faith in living creatures, astrology, superstitious belief, cult worship and demonic/satanic worship to know their future. They commit sin against Ten Commandments, where-in God said; let there be no other god for you other than me. (Ex20:1-5)**

26. Lust: Lust is excessive desire for anything that belongs of this world. When a man give-in for lust, it will make him to turn away from God. Lust makes a person become greedy and sin against God because greed is form of idolatry. Those who live in greed will not prevail in the Kingdom of God. (Eph 5:5) Lust & greed is work of flesh which pours out of man's heart. (1Jh 2:15-17) It will lead man in sin, if he do not control his desires. The passions / desires of the body are fighting against the soul to make man to live in sin. (1 Pet 2:11) If he gives-in for lust and sin, it will bring death in his soul. (James 1:14-15)

Lust and geed for wealth/status causes jealousy and enmity which makes a person to do all kind of evil things. They do not hesitate to kill. (Jas 4:1-5) This lust drives a man to turn away from true faith to rely on superstitious beliefs, witchcraft, black magic and forbidden worship. Lust for status/pride makes man to abandon God. (Sir 10:12) They do not trust in God's plan for them where God has spoken about prosperity & good future. (Jer 29:11) To satisfy selfish desires people kill their relatives, siblings, children, fellow beings & their competitors.

Lust for bodily pleasures makes a person abuse his body and live in sin, because, some people live only for sexual pleasures which is against God's will. (Rom 1:23-28 & 1 Cor 6:19-20) Lust for sex makes people to enjoy sex outside marriage. Some people's mind is oriented to live only for sexual pleasures (lust) with their spouse. They compel their spouse to have sex in all circumstances and at any cost. God said; "Each man should know how to live with his spouse in a holy and honourable manner, not with lustful desires like heathen who do not know God. In this matter no one should do wrong to his fellow

Christian or take advantage of him. The Lord will punish who indulge in such things. God did not call us to live in immorality (lustful behaviour) but in holiness. So then, whoever is rejecting this in not rejecting man, but God, who give you his Holy Spirit.” (1 Thes 4: 4- 8)

People who lack in Self-control which is fruit of the Holy Spirit become captives for lust. (Gal 5:22) Lust for worldly things will make man to live in idolatry and it will burn down only by itself. If anyone gives too much importance for any worldly thing (wealth/status/sex) other than God or place them above God in worship, then, he commits sin against first Commandment; “Love your God with all your heart, with all your soul and all your might”. “This is the greatest and most important commandment.” (Mat 22:37-38) So, let the Spirit of God direct your life. Do not strive hard to satisfy your lust. (Gal 5:16 - 17)

Those who belong to Christ have to put to death their human nature with all its passions and desires. (Gal 5:24) Those who live as their human nature tells them to, have their minds controlled by what human nature wants. Those who live as the Spirit tells to, have their mind controlled by what the Spirit wants. (Rom 8:5) If you live according to your human nature you are going to die; but by Spirit, if you put to death your sinful actions you will live. (Rom 8:13) So, get rid of your old self which made you to live as you used to, the old-self that was being destroyed by deceitful desires of the flesh. (Eph 4: 22)

You must put to death then, the earthly desires at work in you such as; sexual immorality, indecency, lust, evil passions and greed, for greed is a form of idolatry. (Col 3:5) God has revealed his grace for the Salvation of mankind. This grace instructs us to give up ungodly living and worldly passions and to live self-controlled godly life in this world. (Titus 2:12) So avoid passions of the youth and strive for righteousness, faith, love and peace. (2 Tim 2:22) **May the Lord who dwells in Spirit (2 Cor 3:17-18) give you grace and freedom which will transform your mind inwardly so that you may know the will of the Lord, what is good and is pleasing to him and perfect. (Rom 12:2) Finally, Jesus warned us and said; “You must be perfect as your heavenly father is perfect.” (Mat 5:48, 1 Pet 1:15) Do not be deceived by attractions of the world and lose eternal life. (Mk 13:5, 9, 23 & 35)**

27. Prostitution: People who are well settled with good life partner in marriage get deceived by the Satan to enjoy sexual pleasures outside the marriage. Their lust, their passion for sex drives them to stray from righteous life to indulge in prostitution. This desire pours out from heart

to destroy their family and their body which is temple of the Holy Spirit.

There are many ways to sin and bring down God's anger, but sexual passion is a hot and blazing fire that cannot be put out at will; it can only burn itself out. A man who lives only for sexual pleasures will keep on, until that fire destroys him. To such man all women are desirable. He can never get enough as long as he lives. (Sir 23:16-17) The Satan uses prostitutes & immoral woman as deadly trap. They wait for men like robbers and make many men to be unfaithful. (Prov 23:27)

God warns people who indulge in sex outside marriage: He said: "A man can hire a prostitute for price of a loaf of bread, but adultery will cost him all he has. Can you carry fire against your chest without burning your clothes? Can you walk on burning coal without burning your feet? It is just as dangerous to sleep with another man's wife. The man who does it will suffer. (Prov 6:26-29) God said; body is not to be used for sexual immorality but to serve the Lord and the Lord is the provider for the body. So, avoid immorality. Any other sin that man commits does not affect his body; but a man who is guilty of sexual immorality commits sin against his own body. (1 Corinthians 6:13 - 18)

Those who indulge in prostitution will lie groaning on bed, their flesh and muscles being eaten away. Sexual sins are a trap set by the Satan. People are caught in it by their own sin. They die because they do not have self-control. Their utter stupidity will send them to grave. (Prov 5: 11, 21-23) God said; Marriage is to be honoured by all. Husband & wife should be faithful to each other. God will judge those who are immoral/ those who commit adultery. (Heb13:4 & Prov5:1-11)

Further God said; "People who indulge in prostitution will not prevail in the Kingdom of God. (1 Cor 6:9-10 & Gal 5:19-20) But those who honour the Lord by obeying him will escape from this fire and save their body, family and eternal life. (Prov 7:1-5 and Prov 2:16)

28. Incest relation: **Incest means to indulge in sexual relation with close relatives.** Incest also refers to sexual relation between people who have close blood relation. It could be sexual relation between brother & sister (or) between first cousins (or) parents having sexual relation with children. Knowingly or unknowingly, some are trapped in this. Godless people are the victims for such sinful relations.

People who are victims for this sinful relation fear that they will be exposed, mocked, ridiculed and alienated in the society. Due to fear

of embarrassment, they will not reveal this relation to the outside world. Hence, they can't be helped through counselling to get rid of this evil. They will remain as captives for this sinful relation till they come to know that they will come under God's curse by reading Bible and raise in Spirit to turn away from this sin on their own. But some people even if they know that God's curse will come upon them and are counselled, still they will not be able to give-up this sinful relation because the evil influence on them will be so intense. The Satan will deceive their mind and keep them in darkness bound by invisible chain. (Wis 17:17) Consequently, they will remain as captives/refugees for this relation (Ezkl 12:11-12) till they are set free by God. (Is 49:7- 9)

God sternly warns people who indulge in incest relation. He said: *Do not have sexual relation with any of your relatives. (Lev 18:6) God's curse on anyone who has intercourse with his sister or step sister or half-sister whether or not she was brought up in the same house with you. (Lev 18:9, 11 and Deuteronomy 27:22) Do not have intercourse with your aunt whether she is your father's sister or mother's sister. (Lev 18:13) Do not have intercourse with your uncle's wife; she too is your aunt. (Lev 18:14) Don't have intercourse with your brother's wife. (Lev 16:16) Do not have intercourse with wife's sister or take her as your wife as long as your wife is living. (Lev 18:18)*

God's curse on any one who disgraces his father by having intercourse with any of the father's wife. (Duet 27:20 and Lev 18:8) Do not disgrace your father by having intercourse with your mother. You must not disgrace your mother. (Lev 18:7) God's curse on anyone who has intercourse with his mother-in-law. (Duet 27:23) Do not have intercourse with your daughter-in-law. (Lev 18:15) Do not have intercourse with your granddaughter; that would be a disgrace to you. (Lev 18:10) Do not have intercourse with daughter or granddaughter of a woman with whom you already had intercourse. (Leviticus 18:17)

A person who is a captive & refugee for this evil bondage-incest relation, if he sits at the feet of Christ before sunrise and read Bible, (Wis 6:12-21) Jesus who is the Word of God (Rev 19:13), who is the power of God (Luk 5:17) and breath of God,(Wis 7:25) will come to his help (Jh 14:16 & 26) and break the invisible chains that are binding him (Nah 1:12-13) and set him free from this evil bondage. Because, "God's Word will act like a fire & hammer. It will break rocks- the incest relation and burn up all the past memories and set him free (Jer 23:29)

29. Unforgiving attitude: Jesus said; "Forgive one another as I have

forgiven you.” (Col 3:13 & Eph 4:32) “You must forgive your neighbour seventy times seven.” (Mat 18:21-22 & Luk 17:4) But the Satan deceives our mind, makes us to live in grudge & revenge against our offenders. Instead of glorifying God by forgiving offenders, we glorify the Satan. Un-forgiving attitude pours out from heart. It has broken good friendship, many families & harmonies in the society. Because we live against Christ’s teaching, he does not answer prayers. (Is 59:1-2)

In this selfish world people are filled with pride, jealousy & envy. They inflict damage to hinder our progress and reputation. Such things are happening and it is bound to increase, because Jesus said; “The world will make you suffer; but remain united with me, for I have defeated the world”. (Jh 16:33) If we do not forgive our offenders but live with grudge and revenge against them, we displease Jesus Christ. And this attitude will destroy the peace and the rest which Jesus gives.

Jesus warns us not to live in grudge but to forgive offenders. He said: If you forgive others for their transgressions, your Father in heaven will also forgive your sins. (Mat 6:14) And whenever you stand up and pray, forgive if you have anything against anyone, so that your Father in heaven will forgive your sins, hear your prayer and answer them. (Mark 11:25, Is 59:1-2 & Mat 6:12) Further, Jesus said; “If anyone has offended you, you should forgive him and encourage him in order to keep him from becoming sad and give up completely. (2 Cor 2:5-7) St Paul said; when you forgive someone for what he has done, God forgives him too. For when you forgive, indeed, you need to forgive anything. You do it in presence of Jesus in order to keep the Satan from getting upper hand, for we know what his plans are. (2 Cor 2:10 - 11)

Unforgiving attitude will take away presence of Prince of Peace - Jesus Christ in us, because it is satanic. Consequently, we will lose peace in mind, (Jh 14:27) & rest in soul (Heb 4:1-10) which Jesus gives to those who live by his teachings. Unless we unite ourselves with Jesus who is the epitome of forgiveness, we cannot forgive our offenders because, Jesus said; without me you cannot do anything. (Jh 15:1 - 5)

30. Un-Surrendering attitude: Jesus said; “Humble yourself, then, under God’s mighty hand, so that he will lift you in his own time, (1 Pet 5:6) because, God resist the proud but shows favour to the humble. (1 Pet 5:5) But the Satan sows mortal sin - ‘pride’ in us. Pride makes us stubborn in our mind to surrender to God’s will. The outcome of stubbornness is arrogance & disobedience which are mortal sins. It takes away humbleness. Thus, it will destroy our earthly life & eternal

life. Yes, we are captives for sin stubbornness. It pours out of our heart.

We read in Scriptures that people who humbled themselves under the mighty hand of God were raised to glory which no one could ever think.

> Joseph surrendered his life to God and rejected sin. Though he was falsely accused by the Queen and sent to jail, God was with him and raised him to become Governor of Egypt. (Genesis Chapters 39 to 41)

> David, a Shepherd boy was humble and surrendered his life to God and God raised him as King to rule the Nation Israel. (1 Sam 16: 1-13)

> Daniel surrendered to God, obeyed & honoured him even though his life was at threat. God raised him as head of all Royal advisors. (Dan 2:46-48) Daniel prospered during King Darius period. (Daniel 6:1-28)

> Esther surrendered to Lord's will. God raised her to become Queen. Through her God gave victory to Jews whose existence was under threat. Jews destroyed their enemy Haman and family. (Book - Esther)

> Judith an Israelite widow, surrendered her life to God by spending her life in fasting & prayer. Through Judith God gave victory to the Israelites by beheading their enemy-General Holofernes. (Book-Judith)

Mother Mary surrendered her will to God's will when the message about birth of Jesus Christ was given to her. In humbleness she said; "Let your will be done for me for I am a servant of God". God raised Mary above all women on earth. She became Mother of God. (Lk 1: 27- 43)

God said; "Everyone should surrender their sins and their whole being". (Body, mind, soul & spirit) (Rom 12:1-2) Further, he said; "Do not surrender any part of your body for sin but surrender yourselves to the Lord". (1 Cor 6:13) "Surrender yourselves before God and resist the Satan and he will flee from you". (Jas 4:7) "Surrender your family, belongings and possessions, so that God will bless you and raise you", for; "Blessings is what God promised when he called you". (1 Pet 3:9, Isaiah 61:9 & 66:24, Jeremiah 29:11 & 32:40-42, Zechariah 8:1 - 22)

Finally, God says; "Surrender your sins & problems to me, for I am in control of every situation of your life and I will turn everything in to blessings. (Is 43:18-19, Is 42:16) Our mind does not allow us to surrender our sins, our whole being and our problems to God. We live according to desires of mind & body. We hold on to sins, our problems lest lifting them up in prayer and surrendering ourselves to Lord's will.

Further, with our little understanding we try to solve our problems and we fail. This happens because the Satan does not allow us to surrender our sins, our mind and our life to God. Consequently,

he destroys our peace, our family and surroundings. But God said; "Do not rely on your own understanding but trust in the Lord." (Prov 3:5) To those who surrender themselves to God, he promises blessings, for God said; "What no one ever saw or heard, what no one ever thought could happen, is the very same thing God prepared for those who love him and surrender to him. (1 Corinthians 2:9) Yes, Jesus said; "Humble yourselves before God and he will lift you up". (James 4: 10)

We must live with the attitude that; "Christ must become more important in me and I must become less important". (Jh 3:30) Because; we have been crucified with Christ on the cross, and it is no longer we who live, but it is Christ who lives in us. (Galatians 2:20) That's why Jesus said; "My food is to surrender my will, to do the will of the Father who sent me to accomplish his work". (Jh 4:34) Further he said; "Not everyone who says to me; "Lord, Lord, will enter the kingdom of God, but the one who surrenders his will to do the will of my Father who is in heaven." (Matthew 7:21) Jesus ended up by saying; If anyone want to follow me, let him surrender his will and whole being, pick up his cross and follow me. (Mat 16:24 and Lk 9:23) Un-surrendering attitude is satanic and it will destroy your spiritual life.

31. Rejecting the Voice of your conscience: We understand in spirit that the voice of our conscience is the voice of the Lord calling us to do certain thing. As we progress in the spiritual life, we come closer to God. In our nearness to God, we receive strong impulse /intuitions, which is voice of the Lord to do specific thing. Such intuitions could be:

- > **For doing certain good work:** May be charity or helping someone financially in their distress so that they can progress & stabilise in life.
- > **For rendering certain spiritual help:** May be to offer Holy Mass for the sick or soul of the dead or for marriage, or for Priests and Nuns or for repentance of lost people or other purposes according to God's will.
- > **Doing a spiritual thing:** To observe fasting & pray for people who are in need (or) teach others how to become spiritual to come near to God.
- > **Counsel some on who is in distress:** To give spiritual advice to someone which would deliver him/her in distress, & help to shape life better or to get rid of his spiritual bondage which will save his/her soul.
- > **Give right choice of word of God** to a person and lead him/her in the light of the Lord so that he will come to know the truth & be delivered.

The core issue here is; as a prudent person when you come to know the needs of your neighbour and you receive strong impulse that you should help him, and you are in a position to help, such intuition is the voice of God. Anything which your conscience prompts you do

for the good of yourself or for the good of others, such intuition is known as inspired message of the Holy Spirit. And God wants; you should obey that message whether you like or not. If you do not obey that message, it is sin. Because, God says; "Keep what you believe about the intuition/impulse between you and God. Happy is the person who does not feel guilty when he does something what he judges is right or what his conscience says is right. (Rom 14:22) So, do what pleases God, even if it does not please you. (Jer 42:6 & Eph 5:10, 17)

31. Restraining Holy Spirit: God guides his faithful children by his Spirit/Words. We are called to strengthen our spiritual life by fasting & praying to realise this truth. When God guides us through his Spirit /Words we are called to accept the messages in faith and honour God by obeying those messages. God wants that we should not reject message of the Spirit which is given in fasting & prayer, because:

> King David said; "God's word came as to guide our feet & light to our path." (Ps 119:105) Yes, his word comes to light our path. (John 8:12)

> Sirach said; "Those who take God's Words (message given) to heart will be wise. Whoever lives by them will be strong enough for any occasion; They will be walking in the light of the Lord. (Sir 50 :28 - 29)

> Through Isaiah God said; "I will lead my blind people (through my Spirit/words) in the roads that they have never travelled. I will turn their darkness to light & make rough country roads smooth before them. I will keep these promises for them without fail". (Isaiah 42:16)

> Further God said; "No longer will the sun be your light by day. Or, the moon be your light by night. The light of my glory will shine on you. Your days of grief will come to an end. I the Lord will be your lasting eternal light. (To guide your through my Spirit/word) (Isaiah 61:19-20)

> **Jesus said;** "I am the light of the world. (My life-giving words will be your light) Whoever follows me (Who ever obey them) will have light of life and never walk in darkness". (Jh 8:12) Further, he said; "When I am in the world, I am the light of the world." (Jh 9 :5) It means when Jesus gives message by his words, it will guide you in darkness.

Form the above we understand that; God has been guiding his children by vision, (Ex 3:1-15) or by his light, (Ex 13:17-22) or by his voice (Gen 22:1-19) or by his Spirit (Is 61:1-4) or by his word (Jer 33:1-9) or by signs (Is 38:1-8) or by dream (Gen 28:10-22 & Job 33:15) in order to accomplish his plan. The Bible says; "God will make you to go through difficult times. But he will be there to teach you, and you will not have to search for him anymore. If you wander off the road to the right or to the left, you will hear his voice behind you saying;

“Here is the road. Follow it”. (Is 30:20-21) **We must realise that; “God guides his children through inspired messages to fulfil his plan for them” (Jer 29:11) & leads them in the road of holiness. (Is 35:1-10) God says; the Spirit of the Lord is alive & active. (Heb 4:12) It guides and leads believers through various inspired messages. (Jh 14:16& 26)**

Dear believers, many times we encounter certain Word of God repeatedly while reading Bible. And the same verses come to us repeatedly whenever we open the Bible. And we also get the same Word of God through friends and WhatsApp messages. Such Words are God’s inspired messages. **Importantly, God gives us certain messages while fasting & praying.** Some messages are spoken in ears when we are praying or when we sleep. Sometime, such messages are spoken in the ears when believers venerate the Blessed Sacrament. God gives such messages to bless a person (or) to deliver him in his spiritual distress (or) to help him to overcome certain crises. Further, the Holy Spirit himself will explain meaning of those messages, (1 Cor 2:6-16) & give compelling intuition to act on those messages by obeying them.

Yes, God says; “As for you, Christ has poured out his Spirit on you. As long as the Spirit remains in you, you do not need anyone to teach you. For, his Spirit teaches you everything, and what he teaches is true and not false. Obey the Spirit’s teaching, then, and remain with Christ. (1 Jh 2:27) Further, some verses in Bible will captivate attention us so firmly that our soul will respond involuntarily. These are also inspired messages. In such spiritual encounter, a faithful believer will not be able deviate from the message or take action on his own on a particular issue. Yes, we cannot go beyond the inspired messages. If we obey those messages, we will experience peace in soul and blessings in life.

Yes, God does not only speak through Bible, but he also speaks to obedient children in many ways. They receive inspired messages through Priests, Preachers, counsellors, Friends, through dreams, signs in body and through sickness & miraculous healing. And God wants us to obey those messages for our own good & for the good of the Church. (Rom 8:28) Spiritual people honour God by obeying inspired messages. But others disregard such messages though the Lord gives those messages repeatedly. People disregard inspired messages because; “to obey such messages they have to face certain difficulties, endure discomfort, pain and sufferings for, Christian life is not a path of roses but is a narrow road with many difficult challenges. (Matthew 7:13-14)

Also, to obey inspired messages they may have to observe

fasting/abstinence and sometime encounter situations which may not be pleasing them. It is sin to disobey inspired messages, for the Scriptures says; "Whether it pleases or not, we will obey our God, to whom we are asking you to pray. All will go well with you in life". (Jer 42:6) Further Scriptures says; "Do not restrain the Holy Spirit; do not despise the inspired messages. Put all things to test; keep what is good and avoid every kind of evil. (1 Thes 5:19-22) If you are led by the Spirit, you will not be subjected to judgement. (Gal 5:18)

Inspired message tests our 'Faith in God' & 'Obedience to God'

Faith in God: God said; "Do not deceive yourself just by listening to my words (& inspired messages), instead, put them in to practice. (Jas 1:22) Whoever pays attention to God's words (& inspired messages), does not simply listen and forget it, but puts them into practice, will be blessed in what he does. (Jas 1:25) Further, God said; "Put in to practice what you have learnt, words and inspired messages received from Holy Spirit. God who gives us peace will be with you. (Phil 4:9) **Keep what you believe about these "inspired messages" between yourself and God. Happy is a person who does not feel guilty when he does something which the Spirit tells him. But if you doubt the inspired messages or your actions on the messages, then you commit sin because your actions are not based on faith. And anything that is not based on faith is sin. (Rom 14:22-23)** By putting 'inspired message' in to practice you show nearness to God, which reveals your relation with him as Father & son. Yes, God said; today I have become your Father, (Ps 2:7) and you are my dearest son the child I love best. (Jer 31:20)

Obedience to God: In spiritual life, God will make you go through difficult times, but he himself will be there to teach you and you will not have to search for him anymore. He will be there to guide you. If your wander off the road to the left or to the right, you will hear his voice behind saying; "Here is the road. Follow it." (Isaiah 30: 20-21) Yes, St Paul said: We have to obey inspired messages, because; "As for you, Christ has poured out his Spirit on you. As long as the Spirit remains in you, you do not need anyone to teach you. **For his Spirit teaches you everything, and what he teaches is true, not false. Obey the Holy Spirit's teachings and remain in union with Christ".** (1 Jh 2:27)

At first the Spirit will lead you along difficult path. The Spirit will make you so afraid that; 'you will think you cannot go on'! The obedience the Spirit demands will be tormenting and it will put you to test with its requirements until it trusts you completely. Then the Spirit

will come to you without delay and reveal her Secrets to You. (Sir 4:17) This is how 'Inspired Messages' will lead you in unknown path, for God said; 'I will lead my blind people through the roads that they have never travelled. I will turn their darkness in to light and make the rough country road smooth before them. These are my promises and I will keep them without fail. (Is 42:16) Yes, inspired messages will lead you in the difficult path and open your mind for Scriptures (Lk 24:36-48) to understand God's 'Secret Wisdom' which are the spiritual truths hidden from man. But God has chosen you to reveal his secrets for your glory even before the world was made. (1 Cor 2:7) And the secret is; Christ is in you which means you will share in God's glory. (Col 1:27) **If you obey inspired messages; God will strengthen your spiritual life, give sure foundation in faith and conviction in Salvation. (1 Peter 5:10)**

"Following are the instances where God gave inspired message to warn and lead people"

Message through Prophets: God gave Jonah & Joel a message; to warn people of Nineveh & Palestine respectively to turn away from sin. The Prophets warned people of Nineveh & Palestine. They turned away from their sinful ways and received God's favour. (Jon 3:1-10 & Joel 2:1-28)

God gave message to David through Prophet Nathan that; he has sinned against God and man by committing adultery. (2 Sam 12:1-14)

Message through sign: God gave message to King Hezekiah through Isaiah that; he has to repent for his sins before he dies. When King Hezekiah repented & prayed humbly, God forgave him & allowed to live for fifteen years more. God him gave a sign on forgiveness of sins by making the shadow of stair-way to go back ten steps. (Isaiah 38: 1-8)

Message through vision: God appeared to Solomon in a vision and gave a message that; he would be blessed with wisdom. Also, God promised to give wealth. (1 Kgs 3:1-15) And through Nathan God told Solomon that he is the one who is to build a temple for God. (2 Samuel 7:1-17)

Message through intuition: God gave intuition to Queen Esther and guided her & all the Jews in Susa to observe fasting for three days & three nights. They obeyed the Lord's message and won his favour. Thus, they destroyed their enemy Haman sons & their army. (Esther)

Message through Angel: God sent angel Gabriel to Mary to announce good news that, "She would be conceived by the power of Holy Spirit and become mother of Jesus". Mary accepted the message saying; I am a servant of God, let it be done according to thy will. (Lk 1:26-38)

Message through dream: In a dream an angel of the Lord said to Joseph that; Mary is conceived by the power of Holy Spirit. So, he should not break the engagement with her but take her as his wife. (Mat 1:18-24)

In a dream God warned the three Kings who visited Jesus; "Not go

back to Herod & reveal the whereabouts of Jesus Christ. (Mat 2:7-12)
In a dream God revealed his presence to Jacob. He saw angels moving up & down. God promised Jacob that he will give him & his descendants this Land Bethel and that he will remain with him all through his life to protect him until God completed his plan through him. (Gen 28:10-22)

Message through voice: When Abraham was about to sacrifice his son Isaac, he heard voice of God who had put him to test, that; he should sacrifice the ram in bush and not his son. Seeing Abraham's obedience & faith God promised rich blessings for his generations. (Gen 22:1-19)

Message through Spirit: Isaiah said the Spirit of God is on me. He has chosen me and sent me to bring good news to the poor, to heal the broken hearted, to announce release to captives and freedom to those who are in prison. Isaiah brought good news to the world. (Is 61:1-4)

Message through Word: When Jeremiah was in prison Lord's Word came to him & prophesied the future/fate of Jerusalem. (Jer 33:1-26)

Message through his light: When Moses was leading the Israelites through the desert to the Promised Land, God was with them. God's presence moved before them as pillar of light in the night and as pillar cloud in the day to guide them to their destination. (Exodus 13:17-22)

I the author of this book had many spiritual encounters through inspired messages, sickness and signs given by God as below:

>> *When I was running after doctors to treat chronic UTI, I heard an inner voice; "Why you are running after doctors, when I am here to heal you" at Infant Jesus Church, Bangalore, India. I believed in voice of God telling me; 'not to doubt his power to heal me'. So, I stopped medication against all medical advice. God healed me in the year 2000.*

>> *God gave a message twice through Tobit 6:12 on my marriage in April 2005 & told to comply. The marriage was solemnised in May 2005.*

>> *In a dream God gave vision on 11/2/2007 that my ailing mother would die in one week. I prepared her for death. She died on 18/2/2007*

>> *In 2007, God told me not to take foreign assignment because he wanted to bless me with another child & my daughter was born in 2008.*

>> *God gave me many sicknesses and revealed the reason for them and healed me only through Word of God by giving messages in fasting.*

>> *After retiring from Indian Air Force in 2017, when I was looking for second career option. Through signs in body God warned me not take second career, but to dedicate my life to his service and write books on my spiritual encounters & experience. Thus the 'Books of Wisdom' in my website; www.surefoundationministries.com became a reality.*

>> *God guides me on all important decisions by giving messages through his Words in fasting/ prayer and signs in body. (Ezra 8:21-23)*

>> *Further, God continues to speak to me through sickness & signs to guide, to perfect me in Worship, (Jh4:24) and to 'purify me'. (1 Jh 1:7)*

Dear believers do not commit sin by disobeying the inspired messages and displease God. (Eph 5:17) God gives messages & signs only to those whom he chooses as his servant to bear fruits. And Christ has chosen you to bear much fruit that endures. (Jh 15:16) So, do not restrain the Holy Spirit; and do not despise inspired messages. Put all things to test, to see God's power work in you. (1Thes 5:19-22)

32. Depriving others' rights and rendering injustice: All human beings are born free with equal dignity and rights. They are endowed with wisdom and conscience. Hence, they should act towards one another in spirit of brotherhood. But, greed and selfish desires of people makes them to suppress the legitimate rights of poor & weak. Thus, they render injustice to fellow beings, whether it is with-in family, or in society or in public life or in political arena. People commit sin by oppressing legitimate rights of poor & weak, thus deny justice to them.

This sin "depriving rights & injustice" pours out of man's heart, because; people are greedy for wealth, status, possessions and power. They denying justice by infringe others' rights. **Those who are in Power /Status feel insecure because; if the poor are given legitimate rights & opportunities and treated equally, they will surpass them in wisdom, knowledge and understanding. Therefore, the elite class would lose their importance in the society. Further, the feeling of insecurity, greed and selfishness are the cause for many wars that were fought which killed millions of lives & destroyed many countries beyond recognition.**

We witness in some countries people of lower denominations are not allowed to be educated, not given equal rights or opportunities and are treated as second class citizens. Similarly, we see woman & widows are ill-treated and deprived of their status & rights and not allowed to voice their opinion. With-in family women are treated harshly and deprived of their rights by their loved ones. Similarly, children of the poor & weak are forced in to child labour without right for education. We also see many, many young girls and women are oppressed and forced in to prostitution. Men & women are blackmailed and forced to indulge in drug trafficking and terror activities. In some countries women are oppressed and forced to follow certain dress code.

Further, there are restrictions on women's public appearance, education and in practicing profession of their choice. All such

oppression & injustice infringe freedom which Jesus gave to mankind on the cross. (Col 2:13-15 & Gal 5:1) Such awful things are happening due to selfish desires and fear of insecurity of people in power & status. Because, they fear that the poor and the weak may surpass them in education, knowledge and living standards, if given equal rights. **God says; "If you force anyone to do something against his will, which is wrong in prudence & wisdom, then you are committing sin. (Jas 4:17)**

Since God has given complete freedom to mankind, he sternly warns those who infringe human rights and deny justice. God said: "See that justice is done, help those who are oppressed, give orphans their rights and defend widows". (Is 1:17) "Do not ill-treat/oppress a foreigner. Do not ill-treat any widow or orphan. If you do, I, the Lord will answer them when they cry out to me for help. And, I will be angry and kill you in war. (Exodus 22:21-24) Do not take advantage of the poor because you can; do not take advantage of those who stand helpless in court. (Prove 22:22) If you do injustice by making such laws that oppress my people, you will be doomed! Do not prevent the poor from having their rights and getting justice. And do not take property that belongs to widows and orphans. What will you do when God punishes you? What will you do when he brings disaster on you? Where will you run to find help? Where will you hide your wealth? (Is 10: 1-3) If you oppress the poor and rob their grain, you will not live in the house made of fine stone, or drink wine from your beautiful wine yard. I know the terrible sins and crimes you have committed. You persecute good men, take bribes & prevent poor from getting justice in the court. (Amos 5:11-12) Hence, I, the Lord will argue for the poor, orphans, widows and act against you. (Prov 22: 22)

God warns the wealthy & strong: If you laugh at poor people, you insult God who made them. You will be punished if you take pleasure in their misfortune. (Prov 17:5) If you make gifts to the rich or oppress the poor to become rich you will become poor. (Prov 22:16) Condemning the innocent or letting the wicked go free, both are hateful to God. (Prov 17:15) God's curse will fall on anyone who moves neighbour's boundary mark or deprives orphans and widows of their rights, (Duet 27:17,19) for God has promised to protect the needy who are oppressed and those who are persecuted and groan in pain. (Ps 12:5) "Be honest and just when you make decisions in legal cases; do not deprive justice to the poor and fear the rich. (Lev 19:15) "Do not cheat anyone by using false measures of lengths, weight or quantity so that you may live long life, because, the Lord hates people who cheat. (Lev 19: 35 & Duet 24:14) Whoever insults a poor man insults

God, but he who is generous to the needy honours him. (Prove 14:31)

Further, God warns people. He says; "I hate your religious festivals. I cannot stand them! When you bring me burnt offerings and grain offerings, I will not accept them. Stop your noisy songs; I do not want to hear your harps. Instead, let justice flow like a stream and righteousness like a river that never goes dry. (Amos 5:21-24) The Lord says; "I will appear among you to Judge. I will testify at once against those who practice adultery, black magic, those who give false testimony, those who cheat employees of their wages and those who take advantage of the meek, poor, widows, orphans & foreigners and against all who do not respect me. (Malachi 3:5) Blessed are those who observe justice and who do righteousness at all times. (Psalms 106:3)

Finally, God says; the kind of worship & fasting I want is this; "Remove the chains of oppressions & the yoke of injustice and let the oppressed go free. Share your food with hungry and open your homes for the homeless/poor. Give clothes to those who have nothing to wear and do not refuse to help your own relatives. Then my favour will shine on you like morning sun and your wounds will quickly heal. I will be always with you to save you. My presence will protect you from every side. When you pray, I will answer. When you call, I will respond. If you put an end to oppression, to every gesture of contempt and every kind of evil word, if you give food to the hungry and satisfy the needy, then the darkness around you will turn to brightness of noon. I will guide & satisfy you with good things, will keep you strong & well. (Is 58:6-11) When you worship me, even before you finish praying, I will answer you. (Is 65:24) Make it your aim to do what is right & not evil so that you may live and the Lord God will be with you. Hate what is evil, love what is right and see to it that justice prevails in the courts so that the Lord will be merciful you. Yes, do not pervert justice (Amos 5:14 - 15)

33. Failing to witness Jesus: Jesus called all irrespective of their faith or religion to witness him / proclaim Good News on repentance, forgiveness & Salvation to the world. Before Jesus came, God asked Isaiah; "Whom shall I send? Who will be our messenger?" Isaiah said; "I will go Lord! Send me!" Then, God said; I chose you to be my servant so that you would know me, believe in me that I am the Living God." (Is 43:10) Do not be afraid-I am with you! I am your God Let nothing terrify you! I will make you strong and help you; I will protect you & save you. (Is 41:10) Then, Isaiah proclaimed; "The Spirit of God is upon me. He has chosen me & sent me to announce good news to the poor, to heal broken hearted, to announce release to captives, to give

freedom to those in prison & to comfort those who mourn. He said time has come for God to save his people & defeat his enemies. (Is 61:1-2)

God said to Jeremiah; "I chose you before I gave you life and before you were born, I selected you to be my Prophet to the nations." (Jer 1:4) "Go to the people I send you to, and tell them everything I command you to say. Do not be afraid of them. I will be with you to protect you. "I am giving you the words that you must speak. Today I am giving you authority over nations & kingdoms to uproot and pull down, to destroy and over throw, to build and plant." (Jer 1:7, 8 & 10)

Jesus said to his disciples; "You are to go to the lost children, and tell them to repent & turn away from sin for the Kingdom of God is at hand. Heal the sick and drive out demons." (Mat 10:6-7 & Lk 9:2) What I am telling you in the dark you must proclaim it to the world in the day light and what you heard in private you must proclaim to them from the house top. (Mat 10:27) Jesus said you did not choose me, I have chosen you and appointed you to go and bear much fruit, the kind of fruit that endures. (Jh 15:16) Further he said; "Go throughout the world and proclaim the Gospel to all mankind," (Mk 16:15) and "make them my disciples; baptising them in the name of Father, Son and the Holy Spirit and teach them to obey everything I have commanded you. And I will be with you always to the end of the age." (Mat 28:19 - 20)

Jesus said; "You will be my witnesses in Jerusalem in all Judaea & Samaria and to the ends of the earth." (Acts 1:8) Go and stand in the Temple. Tell people of the world about the new life which Gospel gives." (Acts 5:20) **He chose us to proclaim Good News & said;** "You are the chosen generation, King's priests, holy nation, and God's own people, chosen to proclaim the wonderful acts of God who called you out of darkness in to his marvellous light. At one time you were not God's people, but now you are his people; at one time you did not know God's mercy but now you have received God's mercy." (1 Peter 2:9-10)

But people fear to witness Jesus/proclaim Gospel, because; the world will reject them, persecute & kill them, as it was done to Jesus. So, he cautioned; "No servant is greater than his master. If they obey me, they will obey you. If they persecute me, they will persecute you too. (Jh 15:20) Your enemies are members of your family. (Mat 10:36) You will be hated by all because of me. (Mat 10:22) They will persecute you, insult you and tell all kind of evil/lies because you are my followers. (Mat 5:11) So, Jesus warned; the world will make you suffer. But be brave I am with you. I have defeated this world". (John 16:33)

Jesus encourages believers who offer themselves to witness him. He said; "To day I am giving you strength to resist your enemies. You will be like a fortified city, iron pillar & a bronze wall. Your enemies will not defeat you for I will be with you to protect you". (Jer 1:18-19) "The powers of darkness will fight against you, but they will not defeat you, for I will make you as a bronze wall against your enemies and be with you to give victory. (Jer 15:19-20) Jesus has shown us example by laying his life to witness truth and he has called us all to follow him.

Finally, Jesus warned people. He said; "Anyone who is not with me (to witness the truth) is really against me." (Mat 12:30, Mk 9:38 & Lk 9:50) He said; "whoever acknowledges me before the world, I will also acknowledge him before my Father in Heaven." (Matthew 10:32) People believe in Jesus that he is Son of God who gave life for Salvation of Mankind, and through his death on the cross their sins are forgiven. They are also fully aware that Jesus has called them to give Good News on repentance & forgiveness to the ends of the world. (Acts 1:8) Yet people hesitate to witness Jesus Christ, because, they fear pain, suffering, difficulties, trials/tribulations & persecution that will come up on them if they witness Jesus. So, they give various excuse and avoid their call to witness Jesus. Thus, they commit sin, 'by not putting their faith in to action (or) in practicing their faith in Jesus' for God said; any action which is not based on faith is a sin. (Rom 14:23 & Jas 1:22-25)

Dear believers, we have understood two broad ways how the evil spirits enter our life to deceive us and to enslave us for sin. We have understood various ways and methods how the believers become weak in flesh and the evil spirits uses their weaknesses as a powerful weapon to lure them and commit sin repeatedly, there-by they become captives & refugees of the Satan. (Ezkl 12:11-12) Apart from these ways & methods there could be many more ways & methods how the Satan lures people to sin. Only those who indulge in such sinful acts will know them. So, Jesus said, you must be on guard. (Mk 13:5,9)

Sins which pour out of our heart due to inherent weaknesses & desires will enslave us as captives & refugees for sin. (Ezkl 12:11-12) Such sins are very dangerous satanic bondages, because they will destroy spiritual life. St Paul calls it as; 'sinful-self' of man. (Col 2:11) It is also known as "Power of sin" which does not allow a man to do the desires of his soul but compels him to live by the desires of the flesh. (1Pet 2:11) St Paul calls this compelling desire in man to commit sin as "Conflict in man" (Rom 7:14-20) Because of this conflict, we will indulge in sin without anyone influencing us. Our weaknesses & desires

will compel us to indulge in sin repeatedly and sink us deep in it. Finally, we will reach the "Point of No-Return" where we can never repent even if we want to repent because the influence of evil will be so intense in us, as written in 2 Tim 3: 1-7. Thus, the Satan will rule over us instead of us ruling over him. The desires that springs from heart will become our enemy and destroy our body & eternal life. But God said; those who value their body & anointment of Holy Spirit in them and honour wisdom will rule over the power of sin and gain eternal life. (Wis 6:21)

Because the sinful-self' rules over man, God said: "The heart and mind of a man are evil. There is nothing else so deceitful; it is too sick to be healed". (Jer 17:9 - 10) About this 'sinful-self' Jesus said: "From man's heart come the evil ideas which leads him to kill, commit adultery, and do other immoral things; to rob, to lie, and slander others. These things make a person unclean". (Mat 15:18-19) Further about the sinful status of man's heart Jesus said: "You are like tombs that are white washed-out side which look good. But inside there are bones and decaying corpses. (Mat 23:27) "On the outside you appear good to everybody. But inside, you are full of hypocrisy & sins". (Mat 23:28) Do not deceive yourself & be cautious. (Mk 13: 5, 9, 23, & 34)

"THE DESIRES FOR SIN IS MORE DANGEROUS THAN THE SIN ITSELF"
We may commit a sin once or twice, repent for it, confess them and forget about it. But, the desire to commit sin which is burning within us is a fierce fire that will burn out only by itself. (Sir 23:16) This fire will destroy our life completely and take us to a point of "No-Return," where we will be lost for Christ and the Satan will gain full control over our soul. (2 Tim 3:1-7 & 4: 3-5) Thus theses weaknesses and desires for sin will destroy our body & soul and we will lose the eternal life promised by Jesus. (Jh 11:25-26) That is why Jesus said; I will go away. You will look for me but you will die of your sins. (Jh 8:21) **The desire to commit sin repeatedly is called as "the Power of sin" or "the Power of Sinful-self."** (Col 2:11) **It will destroy peace and rest that Christ offers.** In the next Chapter we will learn about the Mortal sins that Catholics fail to confess in their confessions.

***IT IS TIME TO REFLECT & UNDERSTAND THE AREAS
 YOU HAVE FAULTED, REPENT FOR THEM
 AND CONFESS YOUR SINS..***

CHAPTER NO-2

MORTAL SINS THAT CATHOLICS FAIL TO CONFESS

The contents of this Chapter were extracted from the following web sites for the benefit of believers. <https://padreperegrino.org> and <https://stmaryofthesevendolors.com>

Why Do We Need Confession?

We are all born with original sin committed by Adam and Eve. Because of one man's sin the whole mankind came under the power of sin. (Rom 5:12) Yes, because of one man's sin the human race came under God's Judgement. (Gen 3:14-20) Before baptism, every child has natural goodness but no supernatural goodness. Still, God has a plan of a supernatural beatitude planned for that baby in heaven in both body and in soul. But the original sin which is upon mankind separates us all from God. And with sin in us, we cannot prevail in the Kingdom of God. (1Cor 6:9-10) So, we need to reconcile ourselves with God. This is the first step to enter in the road of holiness. (Is 35:1-10)

Jesus came to this world to reconcile the fallen mankind with God. He did it by paying price less sacrifice - "His death on the Cross". (Mat 26:28 & Heb 9:23-28) **This sacrifice was required for reconciling man with God, because according to God's Law, without shedding of blood there is no forgiveness of sins, (Heb 9:22) and without sacrifice there is no salvation. (Jh 3:16)** Though Jesus died on the cross to reconcile mankind with God, man did not stop sinning. Therefore, to reconcile everyman with God after his death, Jesus instituted the Sacrament "Confession of Sins" after his resurrection, (Jh 20:21-23) so that the dearest children whom Jesus loves best (Jer 31:20) will get reconciled with God so that our souls with sin may not be condemned in the lake of fire. (Rev 20:10 & 21:8) This is the absolute truth about the Sacrament of Confession which is being practiced in the RC Church.

Difference between Mortal sin & Venial sin

What is a venial sin? 1 Jh 5 differentiates venial & mortal sin. All iniquity is sin. There is a sin which does not lead to death. (1 Jh 5:17) A venial sin is lesser sin that does not result in complete separation from God & damnation in Hell. A venial sin is smaller sin that can be relieved by asking God's pardon by repenting and by saying the Lord's Prayer "Our Father" similar to what the Protestants claim; "we are freed

from sins in general as they make no distinction between venial and mortal sin" even though Mortal sin is explicitly pronounced in the Bible that; they are sins which will remove the Satisfying Grace of God and plunge our soul in darkness, there-by we will lose our promised eternal life if we do not repent, take corrective action and put right with God as we read in Rom 1:21-32, 1 Cor 6:9-10, Gal 5:19-20 & 2 Tim 3:1-6.

Some examples of venial sins: Being impatience, being rude, failure to apologise, excessive involvement in social media, violating friendship, wilfully doing things to anger others, showing partiality, gossiping, small lies which have no grave consequence, talking ill of others in their absence, making rash judgements, ordinary anger which hurts others, stealing cheap things, wasting time and possessiveness over anything.

What Is Mortal Sin?

If we have the grace of being baptized as babies or even as adults, then we have gained what is called "Sanctifying Grace."

The only way a Catholic can lose his sanctifying grace is by committing a mortal sin. There is no grey area in this matter. It's extremely black and white. Those who die in sanctifying grace go to heaven, or heaven via Purgatory. Those who die in mortal sin go to hell. A mortal sin is a grievous act or deed, if committed intentionally we invite displeasure of the Lord. A mortal sin removes presence of the Holy Spirit from soul.

What constitutes a mortal sin?

Mortal sin an act of "grave deed/s." An act of grave deed amounts to Mortal sin if it full fills the three requisites as below:

1. A desire or will to commit that grave act.
2. One should consciously be aware on the seriousness & consequence of such grave act.
3. Commit that grave act with full consent. (Catechism of St Pius X.)

Mortal sins against the Ten Commandments are listed below:

Commandment-1: "You shall worship the Lord your God and serve him only"- Sins against this commandment are-Idolatry (to regard anything above Christ and worship it as God) Divination, Witchcraft, Black magic, Occult, Sacrilege (to profane the Sacraments the RC Church, or to profane the liturgical actions of the RC Church or things that are consecrated to God) And Atheism (rejecting God and glorifying man)

Commandment-2: "You shall not take the name of the Lord your God in vain"- Sins against this commandment are: Blasphemy, (defiance or speaking ill about God), Perjury (misrepresenting truth) & False Oaths.

Commandment-3: "Observe the Sabbath and keep it holy"- Sin against this commandment is; deliberately failing to observe Sunday obligation. (Attending Holy Mass)

Commandment-4: "Honour thy father and Mother"- Sins against this commandment are; Disobedience to parents as children and as adults neglecting the needs of parents and not taking care of them at old age.

Commandment-5: "You shall not kill"- Sins against this commandment are; Murder (intentional homicide), Abortion (killing an unborn child), Suicide, involving in scandal which lead others in do evil, Drug abuse, Gluttony, Alcohol abuse, Terrorism, Extreme anger, Hatred, Extortion and Euthanasia. (Killing of the sick people or handicapped or the dying or to discontinue medication for the sick with an intent to cause death)

Commandment-6: "You shall no commit adultery"- Sins against this commandment are; Marital infidelity, Divorce, Fornication (sex before marriage) Pornography, Prostitution, Rape, Gang rape, Homosexual acts, Incest, Masturbation, Swapping or exchanging life partner for sex.

Commandment-7: "You shall not cheat"- Sins against this commandment are; Theft, Cheating, Fraudulent actions, Hacking web sites to steal information, Hacking Bank A/C to steal money, Cheating or Denying workers on wage, Unfair wage, taking advantage of the poor, Betraying secrets & deliberately betraying on the promise made.

Commandment-8: "You shall not bear false witness against your neighbours"- Sins against this commandment are: Testifying falsely, Distorting the truth/evidence, Fabricating lies, Adulteration and Lying.

Commandment-9: "You shall not desire you neighbour's wife"- Sins against this commandment are; Lusting of another person's life partner, desiring your Br or Sr in law and desiring any of your relatives.

Commandment-10: "You shall not desire anything of your neighbours"- Sins against this commandment are; The desire to amass wealth without limit, to envy others, to desire another man's house, to desire his wife, or his slaves, his cattle, his donkeys or any of his possessions.

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Apart from the mortal sins against the Ten Commandments the following are the Mortal sins against Faith, Hope and Charity.

Sins against Faith: Voluntary doubting of faith, Incredulity (Neglecting the revealed truths), Heresy (Denying Christ after receiving baptism), Apostasy (Rejection of Christian faith), Schism (Refusal of submission to the R Catholic Pontiff or communion with members of the Church). These sins against faith strain/ break the bonds in the Catholic Church.

Sins against Hope: Desperateness in hope, (losing faith/hope in Salvation) Presumption (Presuming that you can save yourself without God's help) Or, presuming that your sins will be forgiven out of God's mercy without repenting for your sins and turning away from your sin.

Sins against Charity: Indifference (Failing to recognise the goodness of charity), Ingratitude (Being ungrateful to God and to reciprocate his love by doing charity work), Lukewarmness (Negligence in promoting Charity), Acedia - Spiritual sloth, (deliberately giving-in for sadness /depression and refusal to accept Joy that comes from the Holy Spirit) Hatred of God. (Living in Pride with mind-set which refuses to acknowledge 'Goodness of God' and to praise him at every opportunity)

The new Catechism of the Catholic Church emphasises on ignorance. It teaches that ignorance can often be attributed to personal responsibility. This means, in case when you do not take little trouble to find out what is the truth or when your conscience is almost blinded by the habit of committing sin, you will be guilty of the grave deeds that you commit." CCC 1790-1791. In other words, if you are reading this post, you're responsible for knowing 15 sins given/listed here. Even if you stop reading now, you're still responsible before God.

One thing which is greater than your ability to sin is; "The Heavenly Father's ability to forgive your sins". Yes, God is powerful and merciful to forgive even the most serious sins. Yes, God forgives the most embarrassing sins for which you come before him with true repentance and confess them to a Priest in the RC Church and accept the forgiveness that God offers in the Confession. (Wis 11:21-23) The good news, however, is that; with a General Confession of all your sins, a lifetime confession, you will leave the confessional as clean and as strong as a baby on the day of its baptism. And you will feel it immediately because; "In the Sacrament of Confession, the anointment of the Holy Spirit will break invisible chains of the Satan and set your soul free from its captivity. (Ps107:10-20 and Ezkl 34:27)

Your Confession might seem hard. But think of the trade-off". You trade '10 minutes of embarrassment' with a Priest in the confession for an eternity in hell. Jesus paid for your sins by being tortured for seventeen hours from the Garden to Caiaphas the place where he was scourged till his death on the Cross. The merits of his death for the world are communicated through Baptism & Sacrament of Confession.

That is the trade-off: Yes, Jesus paid the penalty of all our sins. Such is his infinite mercy. (Lam 3:22-23) So, if you feel guilty of any of the following sins you must repent for them truly and confess them (with number of times you committed it, even if estimated) to a Priest in RC Church who is the disciple of Jesus to whom Jesus Christ has given authority to forgive sins. (Jh 20:21-23) By confessing those sins for which you are guilty, you will feel the burden of your sins off your shoulders. The greatest blessing/life time blessing in confession is "You will avoid the fire of hell, as God calls it as the lake of fire". (Rev 20:10-11) Also, you will gain the promised eternal life. (Jh 11 :25-26)

But the Popes, saints, Bible & Magisterium are Divine Revelation that make it very clear that most modern Catholics are missing some major mortal sins in their confessions. Given below is the list of fifteen most commonly "missed" mortal sins, not necessarily in order of its gravity.

Sixteen Mortal Sins Catholics Are Frequently Missing in their Confessions:

1. Contraception, IVF and Abortion. Most readers here know that abortion is murder. But many Catholics do not know that contraception (in marriage or out of marriage) is a mortal sin. Both sterilization (of the man or woman) and use of condom (male or female) is a mortal sin. These must be confessed to enter sanctifying grace. **But there is a sin worse than the use of condom or sterilization within marriage. Many Catholics do not know that the Oral Contraceptive and the IUD function half the time as a contraceptive and half the time as an abortifacient.**

This means that Catholic women on the Pill and the men who sleep with them should confess their sorrow not only for the mortal sin of contraception in marriage, but also having killed any of their own children through the use of the Pill, the shot or the birth-control implant in the arm. **All of these oral contraceptives are chemically wired to first stop ovulation and then, as a back-up, to slough off the inner-lining of the uterus to eject newly formed foetus (your children!) into the toilet.** As most readers know, IVF requires you to sacrifice about 20 of your own children via both "embryo reduction" and "freezing" to get

about two of them born. Thus, IVF is literally murdering and freezing many of your children to get a few born for yourself. God can quickly forgive murder of children. Just confess it, even if you didn't know it.

2. Masturbation and/or Pornography, before marriage or within marriage. Some saints have pointed out that sins which demanded physical death in the Old Covenant (Judaism) are frequently the sins that cause spiritual death in the New Testament (Catholicism.) God directly killed a few people in the Old Testament and Onan is one of them. "But Onan knew that the offspring would not be his. So, whenever he went in to his brother's wife he would waste semen on the ground, so as not to give offspring to his brother. What he did was wicked in the sight of the Lord and He put him to death. (Gen38:9-10)

Sterilization, masturbation and the use of condom is a mortal sin even when no pornography is used. How about pornography without masturbation? This too is a mortal sin, because Jesus said; "But I say to you that everyone who looks at a woman with lustful intent has already committed adultery with her in his heart." (Mt 5:28) In this vein, simply lusting after a woman/a man on the street can be mortal sin! But thankfully St. Francis De Sales (a doctor of the Church) gives some parameters to know if we consented to such temptations.

3. Immodesty, including Wearing Leggings and Short Shorts. I could quote countless saints here, but the most succinct description is what the mother of God said at Fatima: "**Certain fashions will be introduced that will offend Our Lord very much.**"—Our Lady of Fatima, 1917. What are these certain fashions? If not leggings and short shorts, then what? Strangely, many Catholic women know this quote from Fatima, but they only apply it to women who wear *less* than themselves. Ladies, when you hear that quote from Our Lady of Fatima that certain fashions will lead you (and the men who look at you) to hell, are you imagining some imaginary time in the year 3022 when some fashion gets worse than leggings and short shorts? **What could be more revealing than something that shows every nook and cranny below your waist? What would this magical outfit be; that could be worse than that? There is nothing. Rather, let me assure you: The Mother of God very much meant that short shorts, leggings and bikinis will lead you to hell, including letting your little girls to wear leggings.**

If you wear these dresses or out-fits to Holy Mass, you should *also* confess sacrilege. Or, if you don't believe my interpretation of Mary's words, then go for it. Wear it and let your daughters prance around the target in short-shorts and leggings. But

might I suggest Pascal's wager for this one: If your parish priest is right and Fr. Nix is wrong on his interpretation of Fatima, then the most you have lost is a little "comfort" in avoiding leggings for believing me in an erroneous state. But if Fr. Nix is correct in his interpretation (that Mary meant nothing worse than leggings and short-shorts) then just meditate on your first 15 seconds in hell. Yes, just meditate on your first 15 seconds in hell. **Meditate on that 7000-degree furnace for fifteen seconds and realization on the truth that you have lost God forever because you thought leggings (that showed every nook and cranny of your nether-regions to every man around you) led you and countless men to hell for the sake of "comfort."** Am I using fear of hell to make you to stop wearing leggings and short shorts? Hell yes, I am.

4. Sex before marriage or any act done for sexual pleasure in mind: A kiss, caress, or touch does not, by its very nature imply a mortal sin, for it is possible to do such things without lustful pleasure, either as being the custom of one's country, or on account of some obligation or with reasonable cause. **An act becomes a mortal sin by reason of its cause. Thus, he who gives alms, (dating) in order to lead someone into sexual act is guilty of mortal sin on account of his corrupt intention.** Because Jesus said; "if any one causes a little one to sin, he should be chained to a stone and pushed in the sea". (Matthew 18 :6)

In this scenario, if the other person consents for this sinful act, he/she is also guilty of mortal sin even if the physical act is not committed. Because Jesus said; "If a man looks at a woman and desires her in heart, he is guilty of committing adultery. (Mat 5:28) And of course, if both the persons indulge in sexual act physically, they commit mortal sin. Hence, fornication-sex before marriage is a mortal sin. Further, any other act done with an intention of enjoying sexual pleasure in mind becomes a mortal sin even if the act of sex is not committed physically. **Accordingly, consent of a person to indulge in sex becomes a mortal sin even if he/she does not indulge in the sexual act physically. Thus, if kisses & caresses are done for sexual pleasure, it is mortal sin. Hence, all acts done with lust in mind are mortal sins.**

5. In marriage anything unnatural is a mortal sin. The two greatest moral theologians of the Church, St. Thomas Aquinas and St. Alphonsus Ligouri both teach that anal sex in marriage is a mortal sin. Even **Catholic Answers** once had an **article** explaining that any form of insertion based oral-sex is a mortal sin, even in marriage. **Thus, either in marriage or outside marriage 'anal-sex and oral-sex' are mortal sins which must be confessed, if practiced by believers.** If you confess this sin, expect many parish priests to say, "It is not a sin."

Then, you will say, "But St. Thomas Aquinas & St. Alphonsus Liguori both say it's a mortal sin." Then, your parish priest will probably say: "But they're not infallible." This reveals his total lack of understanding of Divine Revelation on which the Catechism of Roman Catholic Church is based. I don't have time to re-vamp every priest's six years in a single blog post on mortal sins & how hundreds of Popes agree with those two saints. So please go to a traditional priest who is alive for this truth and confess these sins, if you are guilty of them. Turn away from anal-sex & oral-sex to gain freedom that Jesus gives.

6. Homosexual Acts. All sexual sins (heterosexual or homosexual) are mortal sins if committed with consent. Homosexual sins are not only under the category of mortal, but under the category of mortal PLUS sins that are said to cry to God for vengeance. This means that 'sodomy' is one of the four worst mortal sins. There is nothing wrong in same-gender friendship, but sodomising a person (a man having anal-sex with another man) is filthy, evil and violent. God forbids same sex relation between 'man to man' (sodomy) and 'woman to woman'. (Lesbian act) Those who indulge in these acts /sins invite God's anger.

God's anger poured on Sodom & Gomorrah because people in those cities were practicing sodomy. (Gen 19:1-29) Let me be very blunt for the sake of your soul: If you are committing homosexual sins and if you do not repent for it, confess them and turn away from this grievous mortal sin, you will go to hell forever. I'm sorry to be blunt, but I say this because I love you, and I really believe God can forgive everyone's sins. Everyone knows that God is merciful, but He is also powerful enough to forgive such filthy sins and make you clean again.

7. Chronic failure to catechize your kids. Many good mothers and fathers occasionally miss some catechetical lessons for their kids, and that is not a big deal. That is why I say it's a mortal sin if you had a *chronic* (lifetime) failure to catechize your children. So, if you fail to learn the Catholic faith and fail to teach it to your children (and I don't mean to just Sunday Mass, I mean the fullness of the Catholic faith) then this is a mortal sin. This is especially directed at biological fathers and priests, as they are called to be the main catechizers of families and flocks. Look, none of this is legalism. It all comes down to love: "If you love me, you will keep my commandments." (Jn 14:15) **How can your children know Jesus if you don't teach them how to pray & meditate and pray Rosary? If you pray Rosary correctly & meditate, it truly introduces you to Jesus Christ.** Further, he said 'Not everyone who says to me, 'Lord, Lord,' will enter the kingdom of heaven, but the one who does the will of my Father who is in heaven'. (Mat 7: 21 - 23)

8. Greatly harming someone's reputation. St. Ignatius of Loyola writes, "If I reveal a hidden mortal sin of another, I sin mortally. If I reveal a hidden venial sin, I sin venially; in his fault, I manifest my own." It means that; if I gossip that my neighbour committed adultery, it puts me in mortal sin, because I have revealed a hidden mortal sin.

But key to this phrase is the word "hidden" because if you reveal, for example, that your mother no longer goes to Mass or your father left the Catholic Church, these are public mortal sins. Not that they should be talked about a lot, but discussing a public mortal sin, say of a politician, where it is not good practice for the Catholic, is not mortal sin. Another exception to this is intervention. For example, if your neighbour is sexually abusing his children, you are required to call the police. If your uncle is an alcoholic, you may need to have an intervention through a counsellor or a priest. It is not a sin to discuss these things, but it always must be for physical safety and eternal salvation of others. **Also, be sure to avoid expressing the gossip of mortal sins into prayer:** "Yeah, that girl in our Bible Study really needs prayers because she keeps flirting with the priest." Again, St. Ignatius of Loyola said "If I reveal a hidden mortal sin of another, I sin mortally."

9. Missing Sunday Mass without good reason and/or unnecessary work on Sunday. It used to be that *unnecessary work* on a Sunday was considered to be over two hours of work. St. John Vianney, who saw people pushing their farming carts around on Sunday. He said, "**I see them pushing their carts and I see them pushing them into hell.**" Could we not say that at a Wal-Mart on Sunday? "I see them pushing their carts, and I see them pushing them into hell." Again, a caveat is in order here. There is necessary work on Sunday. For example, the medical field requires workers on Sunday: "Is it lawful on the Sabbath to do good or to do harm, to save life or to kill?"—Mark 3:4. Or, if you have a big feast for your family on Sunday, of course it may be necessary to do a couple hours of clean up. Also excepted is charity work: cleaning up your Church. These are not only permitted, but even encouraged on Sundays. But all in all, we should work on Saturdays like Jews work on Fridays to get everything done. I can already hear a lot of priests reading this blog post & their response: "But under the new law we are free in Jesus Christ. So why compare ourselves to Old Testament Jews and the Sabbath?" My answer is "Precisely so we can be free sons of God on Sundays with our families."

10. Denying your workers a fair wage. Pope St. Pius X writes; "The sins that are said to cry to God for vengeance are (1) Wilful murder; (2) The sin of sodomy; (3) Oppression of the poor; (4) Defrauding

labourers of their wages." Those last two must be highly considered by Catholic business owners. These are the most serious sins that the Church has put forth. Also, it is the Magisterium of the Catholic Church.

11. Getting Drunk or High. I will briefly focus on why getting drunk on alcohol is a mortal sin. Getting drunk is a mortal sin only because it entices one to do other mortal sins. Yes, drunkenness overturns the greatest natural gift given to us as human beings which is "our reason". The threshold to balance between buzzed and drunk for St. Alphonsus Liguori is not difficult as some might have thought. It is certain among all Church authorities that; "for it to be the case that drunkenness to be a mortal sin", it is required that it would be perfect drunkenness, namely; 'that it would altogether deprive one of the use of his reason'.

The malice of drunkenness consists in this is that; "a man deprives himself of use of reason". And the Satan will use his drunken state to commit all kinds of sins which will destroy blessings; "health, wealth, good family and good spiritual life". He will lose all spiritual blessings and not raise-up to do God's will for him and thus displease God. Also, drunkenness will project Christ who lives in him in poor light. Further, St Paul said; you cannot drink from the Cup of the Lord & from the cup of the demons too. (1 Cor 10:21) So, do not get drunk with wine which only ruins you, instead be filled with the Holy Spirit, (Eph 5:18) because drunkards can't inherit the Kingdom of God. (Gal 5:21)

12. Saying the Name of Jesus in Vain. "Thou shalt not take the name of thy God in vain." (Ex 20:7) Taking God's name in vain is blasphemy. And that "blasphemy or any word or deed is an insult to God which is much more grievous than untruthfulness." Thus, saying "Jesus Christ" in vain (not in prayer or praise or supplication) is a mortal sin. "Sins demanding death in the Old Testament usually cause spiritual death in the New Testament". The name "Jesus" is as holy as "Yahweh", because Jesus is present in the Holy Trinity which comprises "Yahweh- the Father, Jesus & the Holy Spirit". If someone said Yahweh in vain in the Old Testament, he will be stoned to death by Moses Law.

Nowadays, in the New Covenant, judgment is reserved. That is why we do not die immediately upon committing a mortal sin like 'saying God's name in vain'. God in his mercy is giving us time to repent & confess this sin before judgment. (Rom 2:4 & Wis 12:1-2) Now, there are doubts. If you slam your finger in car door & yell O my Jesus, is it a mortal sin? No, probably not, since you did not act with full consent. And, is it a mortal sin if I say "Oh my God? Or O my Jesus!!"? The answer is-if you're going through childbirth or being

tortured for Christ, yelling the holy name "Jesus!" is not a sin. But, on the contrary it is meritorious, because you are begging Him for help! However, going around misusing the Holy Name **Jesus** in a willy-nilly manner is most certainly a mortal sin that calls down punishment on you and those around you. Dear believer, remember "When you say the name of **Jesus** in prayer, angels come to you & demons flee. When you misuse the name of Jesus, angels flee and demons come to you."

13. Denying the Catholic faith: Including involvement in the occult, tarot cards or Ouija boards which are used for foretelling the future. Jesus said: "Anyone who acknowledges me before men, I also will acknowledge him before my Father who is in heaven. But whoever denies me before men, I also will deny before my father." (Mt 10:32-33) **Dabbling in other religions is a direct denial of Jesus Christ, as is permitting your children to play with tarot cards & Ouija boards. All of these are mortal sins that must be confessed before receiving Holy Communion.** Is reading *Harry Potter* or letting your children read *Harry Potter* a mortal sin? I don't know, but I do not encourage you to do it.

14. Skipping Friday Penance. From the earliest days of Christianity, Fridays were a day of fasting, since Jesus died for us on a Friday. In fact, all the way up to Vatican II, Catholics had to refrain from meat for about 50 Fridays a year. Consuming meat on Friday was considered as mortal sin. Has that changed? **No.** The new Code of Canon Law released under Pope John Paul II has only changed the *type* of penance, not the *requirement* for a Friday penance. Now, the suggestion is still to stay meatless, but a substitutionary penance is permitted in the new 1983 code. In other words, we are still bound under grave matter to do some penance (physically hard act of returning to God) on Fridays, even if it is not refraining from meat. **But to refrain from meat is the clearest indication that we are not skirting around such grave matter. So, I highly suggest all readers (except the very old, the very young, sick & the pregnant) to refrain from meat on all Fridays except on 1st class Feasts. (Solemnities in the new calendar)**

15. Receiving Holy Communion with any of the above sins on your heart. The Catechism of Pope St. Pius X says: "**He who goes to Communion in mortal sin receives Jesus Christ but not His grace; moreover, he commits a sacrilege and renders himself deserving of sentence of damnation.**" Furthermore, the Council of Trent (an infallible Council) says: "For no crime is there heavier punishment to be feared from God than for the unholy or irreligious use of the Eucharist." If you have committed any of the above sins, go to confession before receiving the most holy Body & Blood of the Lord.

16: Dis-Obedience to Inspired Messages is a sin to be confessed.

Further, we also receive inspired messages through Priests, Preachers, Spiritual counsellors, Friends, through various signs in body, through spiritual sickness and through miraculous healing of sickness on acceptance of such messages. God wants we should obey those messages for our own good and for the good of the Church. (Rom 8:28)

Spiritual people honour God by obeying the inspired messages. But, others disregard such messages though the Lord gives those messages repeatedly. People disregard inspired messages because; "to obey such messages they have to face certain difficulties, also endure discomfort, pain & sufferings for Christian life is not a path of roses but it is a narrow road with many hardships and challenges. (Mat 7:13-14)

Also, to obey the inspired message they may have to observe fasting or encounter situations which may not be pleasing them. To obey the inspired messages people may have to come out of their comfort zone. Therefore, people avoid such messages. If they receive such messages, they overlook the message and disobey them.

It is a sin to disobey inspired messages, for the Scriptures says; "Whether it pleases or not, we will obey our God, to whom we are asking you to pray. All will go well with you in life". (Jer 42:6) Further Scriptures says; "Do not restrain the Holy Spirit; do not despise the inspired messages. Put all things to test; keep what is good and avoid every kind of evil. (1 Thes 5:19-22) If you are led by the Spirit, you will not be subjected to judgement. (Gal 5:18) **Yes, St Paul said; "Try to find what pleases the Lord". (Ephesians 5:10) Do not be fools but, then, try to find out what the Lord wants you to do. (Ephesians 5:17)**

Dear believer, in the past, if you have received any such messages and God prompted you do certain things and if you have not paid attention to such messages/disobeyed them, please confess those sins & receive God's forgiveness. Be reconciled with God. Do not repeat this sin again.

**Examine your past life to understand the areas where you have sinned. Do not fail to repent and confess them before it is late!
Take your eternal life seriously!**

CHAPTER - 3

HOW TO CONQUER SIN?

To conquer sin means: "To win over sin" (or) "To win over the power of sin" which means; "To win over our sinful-self". St Paul says; we can overcome our sinful-self by circumcising our heart. (Col 2:11) As believers in Christ we must be wise enough to know the ways and methods how sin enters our eyes & mind thereafter captivates our mind, body and soul. Yes, the Satan is roaming around like a lion (1 Pet 5:8) to devour people who are weak in faith & Word of God to make them fall in sin and bind them with his invisible chains. Yes, our sins are "invisible chains" by which the Satan binds our body & soul. (Wis 17:17) Consequently we lose the freedom which Jesus has given. Yes, on the cross Jesus Christ has set us free from the bondage of sin. (Col 2:13-15) That is why St Paul said: "Freedom is what we have. Christ has set us free! Stand then as free people. Do not allow yourselves to become slaves again by your sinful actions". (Gal 5: 1)

Sin binds us with invisible chains: King Solomon said: "Farmers, shepherds & labourers out in the countryside, (mankind) were captured by the same inevitable fate (power of sin) and are bound in darkness by the same invisible chain." (Wis 17:17) **Further King David said;** "Some are living in gloom & darkness as prisoners, suffering in chains because they have rebelled against God by sinning." (Ps 107:10 - 11)

The understanding on this spiritual truth will help us to take precautions and protect ourselves from the power of our sinful-self. The "Wisdom & Knowledge" that we gain through this understanding on this spiritual truth will bring 'fear of God' in us. (Sir 34:14-17) And 'Fear of God' will enrich us in God's grace (Rom 5:20) which will give power to our flesh which is weak for sin. (Mat 26:41, Is 40:29-31 & Is 41:14) Jesus filled St Paul with his grace which gave him power to do his mission in spite of his sufferings. (2 Cor 12: 7-12) Yes dear believer, by the power of God's grace you will be able to resist temptations and reject sin in all its forms. (Prov 2:11-16) God's grace will help you to escape from the power of sin which is your sinful-self. **In the Chapter-1: "Sins of the World & Sins that pours out from heart,"** we understood the ways and methods through which sins enters us, captivates us and destroys our material blessings, spiritual blessings, body and soul, for Jesus said; the thief (sin) comes in order to steal, kill and destroy. But I have come so that you may have life, life in all its fullness. (Jh 10:10)

"NOW LET US UNDERSTAND WHAT GOD SAID ABOUT SIN"

- > Sin committed by Adam brought death in to the world and death is spread to the whole world because everyone has sinned. (Rom 5:12)
- > Sin of Adam made mankind to lose heavenly paradise and thus mankind has entered in to the waterless pit of exile. (Zach 9:12)
- > Sin blinds mankind for God's eternal light which is shining on them. (Is 61:19 & Eph 5:14) So they are groping in darkness. (Jh 3:19-20)
- > Sin made man to lose God's glorious saving presence. (Rom 3:23)
- > Sin made man to lose the glorious privilege of being God's free people. (Baruch 4:3 & Gal 5:1)
- > Sin is an invisible chain which binds and enslave people's mind, body and soul. Thus, people lose freedom given by Jesus. (Wis 17:17)
- > Sin made man to lose health & wealth. (Prov 5:1-11, Joel 2:12-27)
- > Sin made man captives & refugees of Satan. (Ezkl 12:11-12)
- > Sin made man to lose God's promised blessings. (Duet 28:14-67)
- > Sin made man blind for truth. That's why Jesus who is the ruler of this world was judged by man and crucified. (Jh 8:31-32, Jh 16:9-11)
- > Sin becomes a barrier between God & mankind and thus the prayer raised by man is not answered by God. (Is 59:1-2)
- > Sin will tear your soul in to pieces like a bull. You will be left like a dead tree without any leaves or fruits. Evil desire will destroy you and make you a jock to your enemies. (Sir 6:2-4)
- > Sin made many lose eternal life promised by Jesus. (Rom 1:18-30)

Unless we die for our sinful-self, we cannot conquer sin. The Satan is a very powerful spiritual being. Hence it is impossible to win over the Satan (sin) with human power. Jesus said: Our spirit is willing to give-up sin, but our body is weak (Mat 26:41) because, the seed of sin was sown in human flesh by the Satan when Adam committed sin. And Jesus said; Man's power is of no use to fight against the evil spirits. But the words I have spoken brings God's life-giving Spirit in you which will help you to conquer evil spirits. (Jh 6:63, Eph 6:17 & 1 Tim 1:18)

Dear believer, it is only a person who unites himself with Christ through his words and obeys him can win over his inner weaknesses and desires for sin and break the invisible chains which binds him. With the help of Jesus Christ who lives in you, (Gal 2:20) and with the help of his words, which is fire and a hammer that breaks rocks in to pieces, (Jer 23:29) you can break the invisible chains and conquer your desires and weaknesses which makes you to fall in sin repeatedly. Because; In Jesus Christ you are more than a conqueror. (Rom 8:37) And, all things are possible for the one who believes in Christ". (Mk 9:23 & Phil 4: 13)

Yes, you can walk over your sinful desires and weaknesses for sin with the help Jesus Christ offers; for he has promised to give authority over evil spirits. He said; "I have given you authority so that you can walk on snakes (sinful desires & weaknesses for sin that causes you to sin repeatedly) and scorpions (worldly sinful attractions) and overcome all the power of the enemy. Nothing will hurt you. (Lk_10:19)

"SPIRITUAL EXERCISES THAT WILL HELP TO CONQUER SIN".

How can one walk on; 'his weaknesses for sin', 'his sinful desires' and 'worldly sinful attractions'?

- > You can walk on your sinful desires & weaknesses for sin and worldly sinful attractions only by establishing a personal relation with Christ.
- >> You can establish personal relation with Jesus by encountering his presence every day in all aspects of life by worshiping him before sunrise, by making his presence permanent experience. (Wis 6:12-21)
- >>> You can walk on your sinful desires & weaknesses for sin and worldly attractions for sin by walking in light of Christ every moment by obeying his life-giving words. (Sirach 50:28-29 and Luke 11:27-28)

Now it is important to know how to establish personal relation with Jesus Christ and encounter his presence in your daily life?

You can encounter Christ's presence every day through the spiritual exercises given below:

- 1.** Worship Jesus daily in the morning between 3 & 6am (Wis 6:12-21)
- 2.** Honour Jesus Christ above all in everything you do. (Matthew 6:33)
- 3.** Start your morning worship by singing God's Praise. Continue to sing his praises in heart in leisure time to experience power. (Josh 6:1-20)
- 4.** Read Bible twice a day; before sun rise & before you sleep, and meditate on God's Words in free time. (Josh 1:8, Ecc 11:3-4 & Sir 6:37)
- 5.** Take help of Mother Mary and Meditate Rosary at least twice a day.
- 6.** Observe regular fasting and ask the Lord to reveal your unforgiven sins. Confess your sins regularly at least once in a week. (James 5:16)
- 7.** Receive Holy Communion in a worthy manner without sin in your soul as many times possible by attending Holy Mass. (1 Cor 11:27-34)
- 8.** Be a member of a prayer group. Attend meetings regularly. Share your spiritual experience to build your spiritual life. (Heb 10:25, 7:25)
- 9.** Attend retreats as many times as possible. At least twice in a year.
- 10.** Discuss Scriptures with religious people and elders of the Church to get your doubts cleared. Get counselled by them on spiritual matters & issues in personal life. Do not ignore their advice. (Sirach 6:32-36)

"ALL THINGS ARE POSSIBLE WITH CHRIST JESUS"

Now it is time to understand how these spiritual exercises will help you to overcome your sinful desires & weaknesses for sin and look beyond your helpless situation to overcome your sin-self. You know that Jesus has given a promise that; "You can do nothing on your own. But everything is possible for him who is united with Jesus. (Jh 15:5) Further, he said; "I will not leave you like orphans in this sinful world. (Jh 14:18) Yes, he has given a helper the Holy Spirit who will teach us everything about God & change all things in our favour. (Jh 14:16, 26)

St Paul said; "You can do all things with the power that Christ gives". (Philippians 4:13) Yes, all things are possible to him who believes. (Mk 9:23) Zechariah prophesied; "You will succeed not with military power or by your own strength but by God's Spirit". The obstacles as great as mountain will disappear before you (Zech 4:6-7)

Yes, dear believer, when you made attempts to escape from the clutches of Satan, from his invisible chains which are your sinful habits/ practices / relations which made you a slave for sin, you could not succeed. It was not possible for you to break out of these satanic bondages by your will power and prayers. Therefore, you need help of the Holy Spirit. Yes, you need God's favour to win over your sinful-self.

You will receive God's favour if you practice the following spiritual exercises and conquer sin.

Exercise-1: Worship Jesus Christ before sunrise, every day:

In the book Wisdom of Solomon God said; "Wisdom (light of Jesus) shines bright and never goes dim. (Is 60:19 & Jh 9:5) Those who love wisdom will look for her, will easily find her. She quick to make herself to known to anyone who desires her. Get up early in the morning to find wisdom, you will have no problem. You will find wisdom sitting at your door. To fasten attention on Wisdom (Jesus) is to gain perfect understanding. If you look for her (Jesus) you will soon find peace of mind, because she (Jesus, Prince of Peace - Is 9:6) will be looking for those who are worthy of her. She will find you wherever you are. She will be kind and will be with you in every thought". (Wisdom 6: 12-16)

Dear Believers in Christ, you should be wise & intelligent to understand the spiritual meaning of Word of God in the above passage to fight the power of sin and conquer / win over your sinful-self. It is very important to take help of the Holy Spirit to discern the meaning of these words:

Get up early in the morning between 3 & 6 AM to find wisdom-Jesus and worship him. Presence of Jesus is awesome in the early morning between 3 & 6 AM. In the Gospel of Mark, we read; "Between 3 & 6 AM Jesus came walking on the water to his disciples who were in the boat struggling at the ores in the middle of the sea. He came to them and calmed the strong wind in the sea and peace prevailed." (Mk 6:45-51) It is not only at that time Jesus came to his disciples between 3 & 6 am. Even now and 'every day' Jesus is walking by the side of our bed in the early morning between 3 & 6 am looking for those who are awake to worship him and seek his face. You are his disciple who is struggling in this sinful world. He is coming to you every day to deliver you from the power of sin and solve your worldly & spiritual problems.

If you get up early in the morning to worship Jesus Christ, you will encounter his awesome presence. Yes, Jesus Christ will reveal himself to you, if you reject your pleasure full early morning sleep to seek his face. It is very difficult and challenging to reject oneself for the pleasure-full early morning sleep to worship Jesus Christ. Only those who convinced and take courage with determination to reject themselves for the most desirable sleep will encounter Christ's presence. Dear believer, we should be wise to understand that Jesus as Son of God, rejected himself for the worldly life at the most desirable prime age - '33', to die on the cross like a criminal for the sake of people whom he loved best. (Jer 31:20) Do you love Jesus in reciprocating manner? If yes, then reject yourself for your most pleasure full sleep and worship Jesus Christ between 3 & 6 AM. You will encounter Christ's presence. He said; "If you want to follow me you should reject yourself, carry your cross, and follow me. (Mat 16:24) Can you reject yourself?

If you worship Christ in the early morning, he will bless you with the following gifts.

Gift of Wisdom: (Wis 6:15) If you reject yourself for early morning sleep and worship Christ, he will be highly pleased with you. Jesus who is the "Key to Secrets of heavenly Kingdom" (Col 2:3) and Shepherd of your soul, (1Pet 2:25) will reward you for obedience, (Lk 11:28) and bless you with "Gift of Wisdom" to understand secrets of heavenly kingdom, (1 Cor 2:7-14) and open your mind for the following truths:

The purpose of your existence, which is; "To glorify God in your life". God said 'they are my people. I created them to glorify me'. (Is 43:7) Don't you know "Your body is temple of the Holy Spirit, who lives in you, who was given to you by God. You do not belong to yourself, but to God. So, glorify God's Spirit in your body. (1Corinthian 6:19-20)

God's plan for you: Which is; to give you prosperity and good future. (Jeremiah 29:11) His plan for you will be known through faith, (1 Timothy 1:4) so that you will become his servant and do his work. (2 Tim 2:21) And Jesus Christ will use you for harvesting souls. (Lk 10:2)

God's Eternal plan: Which is; to save this world from sin and to bring all creations, everything in heaven on earth together as one family, with Jesus Christ as its head at the time chosen by God. (Eph 1:3 - 12)

God's will for you: Which is; "to obey him in everything as he guides you by his Spirit day-by-day. (Is 30:20-21 & 1 Jh 2:27) Thus you will walk in the light of the Lord," (Sir 50:28-29) and "observe holiness in everything you do." (Is 35:1-10) If you obey God in everything, his presence will dwell in you always and deliver you from sin. (Is 57:15)

God's rich & glorious secret which he has for all. The secret is; Christ is in you; it means you will share in glory of God. (Col 1:27) This understanding is hidden from man. Had rulers of this world understood this truth they would not have crucified the Lord of Glory. (1 Cor2:7-8)

If you understand these spiritual truths and take your life seriously, this understanding will protect you from sinning. God will open your mind for truth (Christ), and Christ will set you free from sin. (Jh 8:32)

Gift of Peace: (Wis 6:15) Jesus who is the "Prince of Peace" (Is 9:6) has promised to bless us with "Peace" in all circumstances and in all problems, if we worship him before sunrise. (Wis 6:15) This is in fulfilment of Christ's promise; "Peace is what I leave with you; it is my own peace that I give you. I do not give peace as the world does. Do not be worried and upset, and do not be afraid". (Jh 14:27) The peace of mind which Jesus gives will find solutions to all problems in your physical life & in spiritual life. This peace will help you to make correct decisions in crucial and critical areas in life, for St Paul said; "The peace that Christ gives is to guide in the decisions you make; for it is to this peace that God has called you to gather in one body. (Col 3:15) **Yes, "Peace that Jesus gives" will change the way you live. Because you will experience presence of "Prince of Peace"- Christ in every area of life which will calm all storms in life. For, he said; "When you pass through the sea of trouble I the Lord will strike the waves". (Zechariah 10:11)**

Gift of Guidance: Wisdom (Christ) will be with you to guide your thoughts." (Wis 6:16) Every day if you read life-giving words of Jesus, (Jh 6:63) between 3 & 6 AM, his words will remain in you and guide you in every thought and transform you inwardly by complete change of mind. (Rom 12:1-2) If you sincerely desire to know more about him and spend more time to read the Bible before sunrise, then, Jesus will

open your mind to understand hidden treasures of God's Wisdom. (Col 2:2-3) Christ will guide you by eternal light, (Is 60:19) and give you "Grace to obey" him in everything. You will live a life that pleases God. (Eph 5:10 & 17) Thus you will be doing 'God's Will' with repentance in physical life & humbleness in spiritual life. Christ's words will guide your feet in the path that God wants you to travel. (Is 42:16) In the deepest of darkness his word will come as light to show you the path. (Ps 119:105, Is 30:21-22) Thus you will walk in the light of the Lord, (Sir 50:28-29) and Christ will lead you in the path of holiness. (Is 35:1-10)

Gift of Repentance: If spirit of wisdom (words of Christ) remains in you, it will gently correct your sinful actions, sinful words, and sinful thoughts and lead you in repentance to cleanse you. (Rom 2:4) King Solomon acknowledged this truth. He said; "O Lord, your immortal Spirit is there in every one of them and you gently correct those who sin against you. You remind them of what they are doing and warn them about it so that they may abandon their evil ways and put their trust in you." (Wisdom 12:1-2) Yes Wisdom will lead you in repentance.

Gift of Righteous life: Spirit of Wisdom (Christ) will change your sinful life in to righteous life if Christ's words remain in your thoughts, because; "His Word is a fire and a hammer which breaks rocks in to pieces. (Jer 23:29) It means; if you meditate on God's Words Day & night, (Sir 6:37) it will break your stubborn heart and make it as heart of flesh. (Ezkl 11:19) Also, it will change your disobedient mind in to an obedient mind (Ezkl 36:26) to obey Christ in everything thereby you will give-up unrighteousness to do what pleases God. (Eph 5:10 & 17)

Gift of Understanding Scriptures: Spirit of Wisdom (Christ) will open your mind for Scriptures. (Wis 6:17-20) If you sacrifice your early morning sleep to worship Christ, he will open your mind to understand spiritual truths hidden in Scriptures. (1 Cor 2:7-14, Eph 1:7-11 & Col 1:24-28) After resurrection, Jesus opened minds of the disciples. They understood the secrets about his birth, his preaching/ministry on repentance & forgiveness, his sufferings, his death and resurrection. (Luke 24:40-45) They understand the secret about God's eternal plan on salvation (Eph1:7-11) and how Jesus will come in glory as King of kings. (Rev 17:14) This understanding changed the life of disciples. Hence, they continued the Ministry of Christ in spite of their sufferings and persecution. Yes believers, Jesus will open your mind for Scriptures, give you "gift of understanding on Scriptures" if you worship him & spend time to read his words before sunrise. The understanding on spiritual truths will change the way you live and bring Glory to God.

Exercise -2: Honour the Lord Jesus in everything you do.

You can honour Jesus in everything by giving him first place in life. Yes, if you honour Jesus by "Searching for his kingdom above all things," (Mat 6:33) and give first place to Jesus by consulting him in your major decisions by fasting & praying, obey the inspired messages and do what pleases him, (Is 58:6-12, Ezkl 18:5-9, Ps 15:1-6 & Eph 5:10 & 17) he will protect you from the power of sin by his victorious right hand. (Is 51:16) Yes, Christ will defend you like a wall (Is 60:18) and burn around you as a wall of fire to protect you from snares of the Satan. (Zech 2:5) The evil spirits (your sins, sinful relation & evil habits which you have given-up) will return and fight against you to make you fall again in sin. (Lk 11:24-26) But they will not defeat you because, God will make you as an iron pillar and a solid bronze wall against the evil spirits as he spoke to Jeremiah. (Jer 1:18-19) God will make you as stubborn as the evil spirits are, and make you as firm as a rock and as hard as a diamond against them. (Your old sins) (Ezkl 3:8-9) And Jesus will be with you to rescue you from the power of the wicked. (Jer 15:19-21) Yes dear believer if you place Jesus above all things, consult him in all major decisions, surely you will receive favours in this manner.

Yes, dear believer, if you honour Jesus Christ in everything, (1 Cor 10:31) by do everything in the name of Jesus, (Col 3:17) thank him for all your blessings including your pain & suffering, (Ps 50:14) and consult him before doing important things, (2 Sam 5:17-25) he will surely bless all your actions. (Gen 12:2) You will not stumble in path to follow evil. (Prov 4:12) He will guide you to walk in the light of the Lord. (Sir 50:29-30) Yes, "The Lord will make you to go through hard times, but he himself will be there to teach you, and you will not have to search for him anymore. If you wander off the road to the right or to the left, you will hear his voice behind you saying; "Here is the road. Follow it". (Is 30:20-21) If obey Christ's words and the inspired messages, (1 Jh 2:27) he will guide you to walk on your weaknesses & your sinful desires and lead you in the road of holiness. (Is 35: 1- 10)

Exercise -3: Singing Praises to the Lord:

Singing God's Praises is the most pleasing thing to him: God is highly pleased with those who thank him for all blessings and sing his praises. Yes, we are called to praise God for everything including our pain & sufferings, because God will change our pain & sufferings in to a blessing. The Bible says; "In all things God works everything good for those who love him". (Rom 8:28) "He takes no pleasure in causing

his children grief or pain", (Lamentations 3:33) and he does not withhold anything good for his children. (Psalm 83:11) Yes, God looks in to thankful heart of believers more that the sacrifices that they offer. For he said; if I were hungry, I would not ask you for food for the world & everything in it are mine. Do I eat the flesh of bulls or drink the blood of goats? Let giving thanks be your sacrifice to God." (Psalm 50:12-14)

Praise & Worship will bring deliverance from satanic bondages:

When you lift up your heart, raise your voice and sing God's praises, the Holy Spirit will move around you as King David said; **"The Lord dwells in the praises of Israel."** (Ps 22:3) Yes, the Lord dwells in your praises, and in his presence, you will experience deliverance from satanic inflictions, bondages, inner hurts, sadness, depression, vengeance, enmity, greed, selfishness, pain and sufferings. Also, you will experience healing in body, mind & soul. You will experience such spiritual encounter because of God's promise, which says; "The Spirit is the guarantee that we shall receive what God has promised his people. And, this assures that God will give complete freedom to those who are his." (Eph 1:14) Now, the Lord in this passage (in your praises) is Spirit and wherever the Spirit of the Lord is present, there is freedom. (2 Cor 3:17) Yes, your Praise and Worship will deliver you from evil bondages.

Praise and Worship will fill you with the grace and power: Yes, dear believers, if you sing praises to the Lord with a sincere heart, with a thankful heart, with real love, acknowledging your gratitude to him from the bottom of your heart by realising true meaning of every word that you sing, then, the Spirit of the Lord will descend upon you. If you have such involvement in Praise & Worship, God who sees your heart, will send the Holy Spirit / Spirit of deliverance upon you and break all the bondages of sin & sickness and deliver you from the invisible chains that are binding you, for God said; "Even though the Assyrians are strong and numerous, they will be destroyed and disappear. My people I made you suffer, but I will not do it again. Now I will end the power of Assyrians over you and break the chains that bind you." (Nah 1:12-13) Further, God will fill you with grace & power which will transform you mind inwardly and you will know the will of God what is good and pleasing him and perfect. (Romans 12:1-2) In such transformation you will receive strength to overcome all your weaknesses & sinful desires.

In your 'Praises & Worship heaven will break open: Yes, heaven will break open in your 'Praises & Worship' and streams of water (Holy Spirit) will flow on you from the heavenly throne. It will break all the strongholds of evil spirits and destroy every argument in you that are

standing against God. Yes, the stream from heaven will bring life in your soul & body. In such spiritual encounter you will experience freedom sin/ bondages and God will restore your lost paradise which is "living joyful life in the Holy Spirit". (Ezkl 47:8-12) Joshua and his men experienced such great power of God when they went around the city Jericho singing and praising God for seven days. On the seventh day when they blew the trumpet with a long note and all men gave a loud shout, the boundary wall of Jericho city collapsed. Joshua and his people took over the city. (Josh 6:1-20) Yes, you will experience such spiritual encounter of 'God's power' that will work in you if you worship God & sing his praises every day in the early morning before sun rise.

The Author experienced deliverance in Praise and Worship: Dear believers, I, the author of this book was suffering from chronic Urinary Tract Infection in the year 2000. The infection could not be healed even after three months of intensive treatment. However, God gave me a message to give up medicine and to trust in his words alone for healing. It was a moment for test of my faith. Also, God gave me 'grace' to obey the message. I obeyed the inspired message and stopped all medication against the advice of doctors. The infection was got worsened. But God gave me the conviction to trust in him against the danger of kidney infection and failure. One day in the early morning the inflammation in the urinary track was so severe that I could not pass urine at all. I did not go to the doctor, but in faith I knelt down before the Picture of Sacred Heart of Jesus and sang praises to the Lord in a loud voice for one hour from 5 to 6 AM. At the end of my praise & worship, an unbelievable miracle happened. God healed urinary tract infection. Everything became normal and there after I never had any complaint. This is how God revealed me the power in Praise & Worship.

Dear believer, make it a practice to sing Lord's praises in your mind all though the day to enjoy the Joy of the Lord and to experience his presence and continuous deliverance from satanic inflictions, temptations and all kind of fear that may come upon you to weaken your faith, disturb you, make you fall in sin & bind with invisible chains.

Exercise -4: Meditate on God's words:

Read Word of God at least twice a day and meditate on it day & night: The Bible says: "Jesus is Word of God" (Rev 19:13) who existed before creation. (Jh 1:1 & Col 3:17) The Word (Jesus) was with God and the Word (Jesus) was same as God. (Jh1:1) All things were created through him and for him. (Jh 1:3 & Col 1:16) Jesus existed before creation and in union with him all things are held to gather in proper

place. (Col 1:17) Jesus reflects the brightness of God's glory. Jesus is the exact likeness of God's own being & he sustains the whole universe together by his powerful Word. (Heb 1:3, Sir 46:26, Wisdom 1:7 & 2 Peter 3:7) Words spoken by Jesus as written bible are life-giving words (Jh 6:63) and it brings life and healing to mankind. (Proverbs 4:20-22)

Yes, Words spoken by Jesus heals our body & soul. That is why Prophet Sirach said; "Devote all your time studying the Lord's Commands & meditate on them. (Sir 6:37) He will give you the insight & wisdom you are looking for". **This insight and wisdom which you will gain by meditating on life-giving Words of Jesus Christ, will heal your soul from hurts caused by sin. Also, it will protect you from your sinful-self, which is the power of sin. Yes, if you meditate on Words of Jesus, his Words will preserve you from sin, in the manner how God the Father preserved disciples from power of sin by the power in the name Jesus. (Jh 17:17)**

Word of God brings blessings to mankind (1Cor 1:4-9) Bible says Word of God is the source of life and this life brought light to the mankind. (Jh 1:4) King David said; "They dance and sing because Zion (Christ) is the source of all blessings." (Ps 87:7) God of Israel said; "I will answer their prayers and take care of them. Like an evergreen tree I will shelter them; I am the source of all their blessings." (Hosea 14:8) Words spoken by Jesus brings God's life-giving Spirit (blessings) to mankind. (Jh 6:63) To reap the blessings that God's Words brings, **King Solomon said; "Do your sowing (read God's Word) in the morning and in the evening. You never know whether it will all grow well or whether one sowing (reading) will do better than the other." (Ecclesiastes 11:6)**

Jesus refers "Word of God as seed". (Mat 13:19-23) Therefore we are supposed to sow this seed (God's words) in our body by reading Bible at least twice a day, once in the morning before sunrise, (Wis 6:12-21) and again in the evening before we retire to bed, (Ps 4:1-8) so that we will reap its blessings. After death of Moses God chose Joshua to lead the Israelites and said to him; "Be sure that the Book of Law (Bible) is always read in your worship. Study it day and night (twice a day) and be sure that you obey everything written in it. Then you will be prosperous and successful in leading my people". (Josh 1:8)

Therefore, reading Word of God twice a day should be a part of your daily life. *This practice will keep you always in communion with Jesus Christ through his words. That is why St Peter said; 'Lord to whom shall we go? You have the words that give eternal life! (Jh 6:68)* ***Jesus cautioned his believers and said; "Remain united with me***

*(through my words) and I will remain united with you in Spirit. A branch cannot bear fruit by itself; it can do so only if it remains united with the vine. I am the vine, and you are the branches. Whoever remains in me and I in him will bear much fruit, for you can do nothing without me. (John 15:4-5) **The message is very loud & clear.** If you remain united with Jesus through his words, "You will walk on snakes and scorpions (overcome your weaknesses & sinful desires) and overcome the power of evil spirits (Lk 10:19) and live a life pleasing God. (Eph 5:10 & 17) Yes, you must remain united with Jesus through his words by reading Scriptures at least twice a day. Jesus calls it; 'sowing seed'.*

Meditate on Word of God: Meditating means; to think deep on a subject and ponder over it with an intention to understand it thoroughly which will enable us to gain deeper knowledge. Such understanding will put our mind to rest from all doubts and help to resolve all issues or find solution to problems. In meditation we allocate special time and attention and keep pondering over an issue to understand the problem.

Similarly, to understand the "richness & power" in Word of God you have to surrender your mind, devote time and meditate/reflect on the Word of God. If you are sincere and devoted in your efforts, then:

- > The Lord will open your eyes for faith and mind to understand the meaning, richness & the power that dwells in his Words. (Lk 24:35-46)
- > You will also gain understanding on the help Word of God offers and use this help to solve your problems in spiritual life & physical life.
- > If you believe in the spiritual truths & in power that dwells in God's Words, it will deliver you from evil bondages. For the word of God is a double-edged sword. It will cut all the way in-between your soul & the evils spirits which have enslaved your soul and deliver you. (Heb 4:12)
- > **Just reading Word of God & meditating on it without faith will not yield you any result. Yes, St Paul said;** "Let us take care, that; none of you have found to have failed to receive the promised rest (blessings). For, we have heard Good News just as they did. They heard the message, but it did them no good (they did not receive blessings), for; when they heard it, they did not accept it with faith". (Hebrews 4:1-2)
- > **If you read Scriptures with faith, you will experience God's saving power.** Yes, those who believe that; God's Words are living & active words, (Heb 4:12) and they are life giving words (Jh 6:63, 68) and accept the words for themselves will see God's Glory. (Jh 11: 40)

That's why St Paul said; "Christ's message (Word of God) in all its richness (power & glory) must live in your heart". (Col 3:16) This richness & power will deliver you from your sinful desires & weaknesses

Word of God will renew everything in us: King Solomon refers Wisdom as Word of God. He said; "If you meditate on Wisdom/Word of God, the power & glory that abides in Wisdom will renew everything in you, (Wis 7:27) because, wisdom has power over everything that exists. (Wis 7:23) Wisdom's power reaches every corner of universe and sets everything in useful order (Wis 8:1) and helps to determine the course of action. (Wis 8:4) Wisdom gives shape to everything that exists, (Wis 8:6) and Wisdom makes everything to function. (Wis 8:5)

Yes, God's Words/Wisdom has power over everything. It will renew, restore & recreate whatever has gone bad in creation because the universe and everything in the universe were created by God's Words/Wisdom. (Gen 1:1-31) The discernment is; Wisdom/Word of God has power to heal your broken heart, wounded mind, soul which is hurt and body which is sick and ailing, for King Solomon said; "No ointment, no medicine cured them. They were restored to health by your Word, O Lord, the Word which heals all humanity. (Wis 16:12) Yes, Word of God has power to transform your stubborn heart and disobedient mind. (Ezkl 36:26) King Solomon described the "Nature and Power" in God's Words in his book Wisdom of Solomon in Chapters 7:21-30 and 8:1-8. Dear believers, please meditate on the contents to understand the Power that dwells in God's Words to reap its blessings.

If you meditate on Word of God with faith, it will help you and renew / restore everything that has gone bad in your physical life and spiritual life. Yes, Wisdom will renew your thoughts, your actions, your relation with others, your attitude, your spiritual life and your worship. Indeed, Word of God/Wisdom will erase all sinful memories cleanse your thoughts, heal the sick mind and deliver your soul from invisible chains. (Nah 1:12-13) It will transform your stubborn heart in to an obedient heart & change disobedient mind to obey Jesus. (Ezkl 11:19)

Exercise - 5: Meditate on Rosary.

The Roman Catholic Apostolic Church gives great importance in praying to Mother Mary. To understand the reason why Mary is being given such high honour in the RC Church, you should know the Scriptures. In the beginning, when the Satan deceived Adam and Eve to disobey God, mankind came under God's judgement. (Gen 3: 1-24)

In his judgement, God said to Adam; because of what you have done the ground will be under curse. You will have to work hard all your life to make the soil produce enough food, until you go back to

the soil from which you were formed. You were made from soil and you will return to soil. Further, to the woman God said; I will increase your trouble in pregnancy and your pain in childbirth. In spite of this, you will have desire for your husband. You will be subjected to his authority.

The Lord told the Satan (snake); "a woman will crush your head." You will be punished for what you have done; you alone of all the animals must bear this curse. From now on you will crawl on your belly and you will have to eat dust as long as you live. I will make you and a woman hate each other. Her offspring and your offspring will be enemies. She will crush your head and you will try to bite her heel. (According to Bible - original version) However, over a period of time the present Bible editions have changed this word as; 'Her offspring will crush your head and you will try to bite his heel.' (Gen 3: 14 - 19)

God the Father placed Mary as guardian for the Church: In his eternal plan, God the Father decreed that; Mary and her Son Jesus will fight against Satan to protect the mankind. According to his plan; Mary was to become mother for Jesus, Mother of God. (Luke 1:41-45) And, Jesus was to die for the sins of mankind for Salvation. (John 3:16) **God the Father chose Mary as 'the women' who will crush head of the Satan at the time chosen by him.** By giving authority to Mary to crush head of the Satan, God declared Mary as the Guardian to save mankind from snares of the Satan. Yes, Mother Mary is the Guardian for the Church.

Thus, God the Father in the very beginning declared that; "Mary would be guardian for the Church." Since Mary became mother of Jesus through whom the whole universe and all living beings were created, (Jh 1:1-3 & Col 1:16-17) Mary became mother for all mankind & Guardian for the Church. **Jesus proclaimed Mary's guardianship for the Church when he was crucified.** At the foot of the cross, Jesus saw his mother and his disciple standing there. He said to Mary, his mother; "He is your son". Then he said to the disciple, "She is your mother". From that time that disciple took her to live in his home. (Jh 19:26-27) **If you meditate on these words spoken by Jesus, the Holy Spirit will help you to understand the meaning & give the following discernment.**

Mother Mary protects the Church from snares of the Satan: Jesus said to his disciple Peter; "You are a rock. On this rock foundation, I will build my Church. Not even death (Satan) will ever be able to overcome it." (Mat 16:18) Jesus knew that the Satan will raise against the Church to destroy faith of believers. Jesus remembered the curse, on the cross, which his Father gave to the Satan when he lured Adam

and Eve to disobey God. God the Father cursed the Satan and said; "You will crawl on your belly for all time & eat dust. And; "A women will crush your head and you will try to bite her heel". (Genesis 3:14 - 19)

To fulfil Word of God the Father, Jesus gave his mother as "Mother and Guardian" to his disciples to protect the Ministry which he entrusted to them and also to preserve faith of believers in the Church which would be built by his disciples. As "Guardian & Mother" Mary protects the believers and their faith in Jesus from Satan like how a hen protects chicks under her wings from eagle. Because Mary stands as Guardian for the Church after death of Jesus, the Roman Catholic Apostolic Church which was founded by Jesus and built by his Disciples remains as "One Congregation / One Church" without breaking apart. This is how the R C Church is being preserved by Mary as its Guardian.

Meditating on Holy Rosary gives great protection: *Mother Mary protects believers of Jesus from snares of the Satan, because he is always working to destroy believer's faith in Christ and their faith in Sacraments of the RC Church. Further meditating on rosary gives great protection from the Satan & his temptations. When you pray to Mary, you come under the shadow of the mantle her love. Further, Mary intercedes for the mankind to God the Father, so that we may be protected from the power of sin, our sinful desires, weaknesses and worldly attractions for sin. Also, she intercedes to God the Father so that, believers remain strong in their faith, in the teachings of Roman Catholic Church and do not lose faith in Jesus Christ. With mother Mary's protection as Guardian the Satan cannot lure us to commit sin.*

Exercise-6: Make it a practice to confess your sins regularly.

God said; "Every thought of a man is sinful & every word that goes out of his mouth is sinful". (Gen 6:5-6, & Rom 7:15-20) Further he said; "Heart and mind of a man is very evil. It is too sick to be healed." (Jer 17:9-10) Yes believers, knowingly or unknowingly man commits sin in his thoughts, words and deeds. However, God has called you to live a holy life. (Lev 19:1-2 & 1 Pet 1:15) Hence, it is a good practice to do examine your soul every day at night to introspect your sins to get your soul cleansed at least once in a week through the "Sacrament of Confession" which is a free gift God for us. (Rom 6:23)

Jesus Christ instituted the 'Sacrament of Confession': He said to Peter; "I will give you the Keys to the Kingdom of heaven; whatever you prohibit on earth (whose sins you forgive) will be prohibited in

heaven (will be forgiven in heaven) whatever you permit on earth (the Sacraments that you administer on a person) will be permitted in heaven. (Will remain with him forever) (Mat 16:19 & 18:18) After resurrection, Jesus breathed on his disciples & said: "Receive the Holy Spirit. If you forgive sins of people they are forgiven; if you do not forgive them, they are not forgiven. (Jh 20:22-23) By the power of this promise given by Jesus Christ to his believers, if you confess your sins to a Priest in Sacrament of Confession in the RC Church, it is Jesus Christ who absolves your sins through the Priest to whom you confess.

Every time you receive absolution of sins in Sacrament of Confession, you also receive anointment of the Holy Spirit. This anointment fills you with abundance God's graces. Such infilling of God's grace will give you spiritual strength and power to exercise self-control over all your weaknesses & sinful desires which are causing you to sin repeatedly. You will gain courage to remain firm in faith and also receive sure foundation in your spiritual life to resist temptations and reject sin. This spiritual truth is based on Word of God; "Where sin increased God's grace also increased much more", (Rom 5:20) to give sure foundation. This grace will encourage and help you to give up sin.

Exercise-7: Take Part in Holy Mass, and receive the Body & Blood of Christ as many times possible in a worthy manner:

Primarily, you should understand the truth on; 'what happens during the Holy Mass?' When a consecrated Priest in R C Church celebrates Holy Mass, it is Jesus himself who celebrates the Holy Mass in the form of High Priest as he did in the Lord's Supper. (Heb 8:1-10)

In the first part of celebration of the Holy Mass, the Priest who is a Minister in RC Church shares messages from Old & New Testaments. He explains the spiritual truths hidden in the Bible to the congregation to renew & build faith, hope, love, courage, endurance & self - control.

In the second part of celebration in the Holy Mass, the Priest and the congregation commemorate the betrayal, sufferings, crucifixion, death and resurrection of Jesus. During the celebration of every Holy Mass, Jesus is truly & spiritually present as he was in the Lord's Supper. (Col 2:5) ***In his presence the Bread & Wine which is offered as sacrifice transforms in to real Body & Blood of Jesus. This transubstantiation is a "Spiritual Mistry" which cannot be understood by human mind. This spiritual wonder has been witnessed by many. The miracle of Bread becoming human flesh and Wine turning in to human blood has been physically manifested & witnessed in many Churches all over the world.***

Renewal of Covenant for forgiveness of sins: The most important aspect of Holy Mass is; "The Covenant for forgiveness of sins made by Jesus Christ with mankind through his blood" is renewed every day all over the world when the Holy Mass is celebrated. During the Lord's Supper Jesus established a 'New Covenant' for forgiveness of sins. (Heb 9:12-15) He took a piece of bread, gave prayer of thanks, broke it and gave it to his disciples and said; "This is my body broken for you. Take it and eat it." (Mat 26:26) Then he took a cup gave thanks to God, gave it to them and said; "Drink it all of you, this is my blood poured out for many for forgiveness of sins." (Mat 26:27-28) *Thus Jesus Christ established a New Covenant for forgiveness of sin which is renewed by the Priests all over the world whenever they celebrate the Holy Mass. During the Holy Mass the Priests offer sins of people as a sacrifice to Jesus. And Jesus who is truly present in the form of Priests who celebrate the Holy Mass offer peoples' sins to his Father for forgiveness.*

Healing & deliverance takes place during the Holy Mass: Presence of Jesus Christ is real during the celebration of the Holy Mass. And Jesus offers the whole congregation to his Father and intercedes for forgiveness of their sins. Yes, Jesus intercedes for his believers with his Father (Jh 17:20-26 & Rom 8:34) during the celebration of the Holy Mass like how he interceded for protection & deliverance his disciples as we read in Jh 17: 6-19. Because Jesus offers his believers as a sacrifice to his Father and intercedes for forgiveness of their sins, God the Father forgives sins of believers. When the sins of believers are forgiven by God the Father, spiritual wonders and miracles takes place.

This is how physical healing in body & spiritual deliverance in soul are being manifested and reported all over the world during the celebration of the Holy Mass. Yes, people have been healed of their physical ailments and delivered from depression, restlessness, mental ailments, fear, anxiety, vengeance, greed, envy, faithlessness, hate and other satanic bondages and invisible chains that were binding them. (Ps 107:10-20) When you eat the bread-'Body of Christ' and drink the wine-'Blood of Christ', your body & soul will receive 'New Life' (Col 2:6 to 3:17) because of healing and deliverance that takes place during the celebration of the Holy Mass. The Holy Mass will transform your heart & mind to live a life pleasing God. (Is 35:1-10, Ps 15:1-6, Is 58:1-12)

Further, Jesus gives grace to remain firm in our inner being to resist sin: *If you attend Holy Mass daily and receive Holy Communion daily or at least once or twice/thrice in a week regularly, Jesus will fill you with his grace. (Jh 15:1-7) This grace will strengthen your inner*

*being like a wall of bronze to resist sin. (Jer 15:19-21 & Prov 2:16) St Paul said; "Jesus has filled me with grace and I have become strong in all my weaknesses". (2Cor 12:8-10) Therefore, the Satan cannot easily lure you in sin, because; the "Power in Blood of Jesus" will defend & protect you from all wicked spiritual forces that are fighting against you. (Eph 6:12 & Heb 9:12-15) **Yes, Jesus has promised: "I will give you strength to resist the evil spirits. You will be like a fortified city, an iron pillar and a bronze wall. They will not defeat you, for, I will be with you to protect you."** (Jer 1:18-19) Yes believers, taking part in the Holy Mass is a blessing. Because, the anointment that you receive will give protection from all your weaknesses & sinful desires which are luring you to commit sin repeatedly. But the power in blood of Jesus will strengthen you in your weaknesses, desires and protect you. (1 Jh 1:7)*

Final blessing given by the Priest according to Word written in Num 6:22-27, will remain with you as an umbrella of God's power to protect you from the evil spirits. Also, it will guide you to remain in God's love & peace and to spread the message of love and good hope to the world. When you are guided by God's Love & peace and live in this manner you will enjoy prosperity and good future which God has promised to mankind. (Jer 29:11) If you take part in Holy Mass daily you will be strengthened in your inner being against power of sin, and blessed in spiritual life & physical life. Dear believer, it is a good practice to take part in Holy Mass, and receive Holy Communion as many times possible to inherit these blessings and to remain strong in spiritual life.

By taking part in the Holy Mass, you profess your faith in Jesus and stand as his witness to the world. *The Holy Mass renews your faith in Jesus Christ. Further, it renews your troubled, confused & weak spiritual life. **It is very important that; you must take part in the Holy Mass and receive Christ's body and blood in a worthy manner without sin. (1 Cor 11:27-32) Because, Jesus said; "Unless you eat my body & drink my blood you will have no life in yourself." "Whoever eats my flesh & drink my blood has eternal life. I will raise him on the last day, for; my flesh is the real food & my blood is the real drink. (Jh 6:53-55) So dear believers, take part in the Holy Mass and make Jesus Christ's presence as a permanent experience in your daily life. (2 Peter 1:10)***

Exercise-8: Be a member of a prayer group and attend meetings regularly. (Heb 10:24-25)

Prayer meeting is a group of believers who gather to worship the Lord in closed room. The practice of praying together in closed room was practiced by disciples of Jesus Christ before the Church was

fully established. Praying together in a closed room started due to persecution of Christians during Roman Empire. After death and resurrection of Jesus the Apostles were committed to do the 'Ministry of Jesus' (Mat 28:18 & Jh 20:19-20) against the will of Roman authorities, hence, they were persecuted. In order to gain courage, confidence, spiritual strength and boldness to do the Ministry of Jesus Christ, the disciples & believers gathered secretly to worship the Lord in Truth & Spirit. We read this in the book Acts. (Acts 1:12-4, 2:40-42, 4:28-31 & 12:11-12) Prayer Meetings will greatly help to share your spiritual experience, message & learn from others spiritual experience.

Prayer meeting helps you to grow in faith. Praying to gather and sharing spiritual experiences will counsel you in your doubts, fears & problems. In prayer meetings if you share Word of God by giving messages you will gain confidence, courage which will deliver us from unwanted fears. Such experience will make you to grow in spirit and make you strong in your inner-self, remain firm and fight against all your inner weaknesses and desires which are making you to fall in sin repeatedly. Thus, prayer meetings will help to renew yourself in faith, renew your old sinful-being and start a new life in Christ. (Col- Chapters: 2 & 3) It will give you sure foundation in faith and transform you as an instrument of God (2 Tim2:21) and it will encourage you to witness Christ to the world against danger of sufferings and precaution.

Exercise- 9. Attend Retreat at regular interval:

Prayer meetings will keep your spiritual life and faith alive. But attending a resident retreat is a wonderful spiritual exercise. Because, in a three- or five-days resident retreat, you are separated from your family, this world and all its worries and attractions. Such separation from worldly affairs will help you to pay attention to the life-giving words of God and reflect on it and introspect your life with the word of God. When you give you more time to listen to God's Words, meditate on it and reflect on your life you will gain wisdom & insight which will change your life. (Sir 6:37) In retreat centres preachers and counsellors will give spiritual guidance which will help to change your life to please God. (Eph 5:10 & 17) *Yes dear believer, your separation from family & this world during the retreat will bring you closer to God and make you understand how precious you are in his eyes. (Is 43 :4)*

You can never please God unless you give-up your sinful life. *Yes, if your mind is open to receive & accept God's words that are preached during the retreat and if you reflect on God's word and*

introspect your life, the Spirit will convict you in your transgressions. Yes, the Holy Spirit will convict you of your sins. If you accept correction by yielding for God's words, (Prov 4:1-26, 10:17 & 15:32) God will give you grace to repent and fill you with spiritual strength turn away from all sins. (Acts 3:19-20) Yes, in humbleness if you accept God's Words, it will break your stubborn heart and help you to give up sin. Because; "God's Word is like fire and a hammer that breaks rocks (stubborn hearts) in to pieces." (Jer 23:29) Further, it will transform stubborn heart of stone in to an obedient heart. (Ezkl 11:19)

"Retreats are Soul Cleansing Process"

If you attend retreat at regular interval, (say once in three or six months) you will realise that; 'gradually you are building-up courage & spiritual strength (Acts 3:20) to overcome temptations & reject sin'. ***Consequently, every retreat will become a cleansing process for soul.*** Yes, if you take every retreat seriously with an intention to renew yourself and live a changed life to please God, then, God will transform your mind inwardly. You will know the will of God, what is good and is pleasing to him and is perfect. (Rom 12:1-2) When you return home from after retreat, God will not send you empty handed, (Ex 3:20-22) for he has promised; I will sprinkle clean water on you and you will be clean. I will clean you from all filthiness & from all your idols. (Jer 33:8)

Yes believers, because you believed in Jesus Christ & given your precious time to listen his life-giving words during retreats (Jh 6:63) and accepted them and decided to obey them, (Lk 11:28) he will not disappoint you. Jesus will bless you, as St Paul said; "Those who believed in him will not be disappointed. (Rom 10:11) ***God is powerful to do anything, but he is merciful to you; he will overlook your sins and give time to repent. (Wis 11:23) He will fill you with abundance grace to repent & cleanse you. (Jh 1:16) You will be filled with courage & conviction to say 'No' to sin. (Prov 2:16) By the free gift of God's grace you will be put right with God through Jesus who sets you free. (Rom 3:23-24) Consequently, your soul will be cleansed from all impurities.***

Yes, God will fill you with abundance of grace to repent. (Eph 2:4-7) God's grace will help you to give-up stubbornness, lead you in repentance and change your sinful attitude. It is a gradual spiritual process. It may happen in one retreat, or it may take many retreats or it may take many years to happen. Or, it may be a life time process. ***But it will surely happen "if you truly desire to give-up sin", for; "God's immortal Spirit is in every one of us and so, he gently corrects those***

who sin against him. He reminds us of what we are doing and warns us about it, so that we may abandon our evil ways and put our trust in him. (Wis 12:1-2) Paul's repentance & conversion was an instant process when he encountered Jesus. He was transformed instantly from a persecutor of Christians to an evangelist. (Acts 9:1-31) Such transformation of heart happens even now to those who hear God's voice and respond positively. Yes, God says; Return to me, I will return to you. (Zech 1:3) Turn back to me, I will turn to you. (Mal 3:7) Come near to me, I will come near to you. (Jas 4:8) Further, we hear God's voice calling us-thrice; 'to repent & turn away from sin'. Yes, he says; If you hear God's voice today, do not be stubborn. (Heb 3:7, 14 & 4:7)

The Spirit of God will take control over you: If you honour God by responding to his voice sincerely and obey him, (Luke 11:28) you will experience Spirit of God burning is around you as a wall fire to protect you from evil spirits and keep you safe. (Zech 2:5 & 2 Thes 3:3) God will protect and make you as firm as a rock and as hard as a diamond against enemies which are your weaknesses that makes you to fall. (Ezkl 3:8-9) Further, you will realise that the Spirit of God is taking control over your thoughts, eyes, words, actions, the way you live, and in the way you worship to lead you in light of the Lord. (Sir 59: 28-29)

The Lord will guide you by his eternal light: At this juncture, if you surrender your whole being (body, soul & spirit) to Christ, the sun will no longer be light for you in the day nor the moon be light in the night. The Lord will himself will be your eternal light, to lead you in the roads that you have never travelled. (Is 42:16) The light of his glory will shine upon you, (Is 60:19) to lead you in the road of holiness. (Is 35:1-10) Yes, you will realise Christ is working in your inner being which will make you strong against all weaknesses and sinful desires. (Acts 3:16)

Your weaknesses & sinful desires will have no power to make you fall in sin. Because, when you obey God's words, make sincere attempts to give-up sin, Jesus will make you as a wall of bronze against your sins that pours out of your heart, (Mat 15:10-20) and sins that enters you through worldly attractions. They cannot harm you, because the Lord has given a promise; *"If your return to me I will take you back and you will be my servant again. Instead of talking nonsense, if you proclaim worthwhile message, you will be my prophet again. People will come back to you. You need not go to them. I will make you like a solid wall of bronze as far as they (your sins) are concerned. They (your past sins, sins of the world and its attractions) will fight against you, but they will not defeat you. Because I will protect you and keep you safe. I will rescue you from power of the wicked. (Jeremiah 15:19-20)*

You can walk on Snakes & Scorpions and overcome all the power of the enemy: God will give you power to walk on snakes (your weaknesses & desires) Scorpions (sinful attractions) which are luring you to sin repeatedly. Also, God will give you power resist temptation & reject sin. (Prov 2:16) You will receive power to walk on sins of the world in which people are sinking. Thus, God's promise; "I have given you authority to walk on snakes & scorpions and to overcome all the power of the enemy, nothing will harm you" will be fulfilled in you. (Lk 10:19) The sins which are ruling the world, the sins which you have given up, old sinful habits, all your weaknesses and sinful desires will come back to tempt you again and again to make you fall in sin. Jesus referred this situation as; "Return of the evil spirits". (Lk 11:24-26) But, these evil spirits will have no power over you, because; Jesus will transform your mind and inner being and make you as firm as a rock & as hard as diamond against all powers of darkness. (Ezekiel 3: 8 - 9)

God will circumcise your heart: If you attend retreats regularly with a desire to live a righteous life, God will transform your stubborn heart & disobedient mind (Ezkl 11:19 & 36:26) and cleanse your body, soul and spirit. (1 Thess 5:23) St Paul calls this spiritual process as circumcision of the heart, thereby you will be freed from the power of your sinful-self. (Col 2:11-12) Further, God will bless you with "Sure Foundation" as St Peter said; "After you have suffered for a little while the Lord of all graces who has called you to share his eternal glory in union with Christ will himself perfect you, give you firmness, strength and sure foundation. (1 Pet 5:10) This sure foundation will give you power to witness Jesus Christ to the world by sharing your experiences.

Exercise- 10: Discuss Bible, and share spiritual experience with spiritual people and elders of the Church:

In ignorance you should not be lost for power & freedom that Word gives: Reading Bible & knowing God's Word is one thing. But understanding God's Word in right prospective is another thing which is important for successful spiritual life. You may be thorough in Words. However, if your discernment on word is incorrect, then you will be lost for power & freedom that those words give. Consequently, you will be groping in the darkness, (Is 59:9) and the Satan will play havoc in your life. Hence, it is important to take help of the Holy Spirit who is the author of Scriptures. (2 Tim 3:16) He is our helper and teacher. (Jh 14:14 and 26) He will help you to understand Bible in right prospective.

God warns you; "Trust in the discernment the Holy Spirit gives on God's Word with all your heart. Do not rely on your understanding.

Remember the Lord in everything you do and he will show you the right way." (Prove 3:5-6) **If your discernment on 'Word' is wrong, then, incorrect understanding on Bible will be overshadow by your thoughts and it will also distort your faith & actions.** Consequently, you will lose power & freedom that 'Word' offers. In this appalling situation you will not progress in spiritual life. Thereafter your mind will become a barrier and it will not allow you to take actions based on faith, for which God has called you! (Jas 1:22-24) And, if your actions are not based on faith, it will lead you in sin, for God said; "Any action that is not based on faith is sin". (Rom 14:23) The Satan will use this appalling situation to make you grope in darkness & distress. (Is 59:9-10) You will live in gloom, and it will upset your faith in Christ. **For correct understanding on Scriptures, you must take the help of the Holy Spirit.** And if you are not spiritually mature to understand the prompting of the Spirit, then, you should discuss Bible with spiritual people & elders of the Church, share your experience, problems, issues and get counselled. Such practice will help you to grow in wisdom, knowledge & understanding.

Concerning the practice on sharing your spiritual experience and Word of God with elders of the Church, the Lord says; "My son, you can learn if you want to. You can be clever if you are determined to. If you are willing to learn, you will learn and become wise. Go where old people are; find a man who is wise, and stay with him. Be ready to listen when religious people speak, and do not miss anything that shows insight. If you find a man with understanding, get up early to call on him; wear out his door step with your visits". (Sirach 6:32 - 36)

Through Christ you share God's great help: God wants that you should live in this manner to understand his Words in right prospective, so that you progress in right direction. St Paul said; "Let us give thanks to the Father of our Lord Jesus, the merciful Father from whom all help comes. Jesus helps us in all our difficulties & troubles so that we are able to help others who have all kind of troubles, using the same help that we have received from him. Just as we have share in sufferings of Jesus, so also, through Jesus we share God's great help. (2 Cor 1:3-7)

The discernment on the above passage is given below:

- 1.** You will receive help form God through Jesus Christ to overcome your problems, struggles & weaknesses to fight the powers of darkness.
- 2.** The Helper-Holy Spirit, will give you victory in fight against evil spirits, strengthen your faith, and give sure foundation in spiritual life.
- 3.** With this help you receive from the Spirit you will be able to help others who are undergoing similar struggles by counselling them. The person whom you counsel will be set free of struggles and weaknesses.

4. The person who received counselling/help from you and was set free from his struggles/weaknesses will be able to help others who experience similar situation/sufferings, through help that he received.

5. Counselling continues to grow by power of the Spirit: The Holy Spirit will help you when you undergo such struggles. Thus, believers in the Church are being helped by the Holy Spirit, who is our counsellor. Jesus said; "I will ask the Father and he will send you another helper the 'Holy Spirit' who will stay with you forever. The helper, Holy Spirit will take control over you & counsel you in everything. (Jh 14: 15-26)

Thus, you receive this help through elders of the Church and will be able to overcome your struggles against your sinful-self and continue to grow in Spirit & faith. Consequently, you will become firm in Spirit which will help you to live holy life. (1 Pet 1:15) Counselling is an important process through which your understanding on God's love & his power grows deeper and you become a confident soldier of Jesus.

To conclude, the ten exercises which are advised will be of great help to those who are unable to give-up their weaknesses & sinful desires which are luring them to sin repeatedly. The Author of this book who was also living in sin was delivered from sinful ways of living by practicing these exercises. God helped him to overcome his desires for sin and overcome his weaknesses. Yes, help comes from God through Jesus, because; "We have a High Priest Jesus Christ who was tempted in every way that we are, but did not sin! You should have confidence, then, approach God's throne where there is grace. There you will receive Mercy & find Grace to help you when you need it. (Heb 4:15-16) **Jesus will help you when you are tempted because he himself was tempted & suffered. (Heb 2:18) Yes, God will send you help like how he sent an angel to help and strengthen Jesus Christ in the Garden-Gethsemane, when he was about to enter his passions. (Lk 22:39-43)**

**The Spirit of God Offers Help to Man Through Various Means. A Wise Person Will Recognise Them.
An Intelligent person will Make Best Use
of Them to Set Himself Free from
The Power of Sin.**

CHAPTER - 4

FASTING: THE ULTIMATE POWER TO CONQUER SIN

Dear believers in Christ, the ten spiritual exercises advocated in Chapter-3 will immensely help you to gain control over your mind & bodily passions and get delivered from all your spiritual bondages. If you practice these exercises sincerely, Christ will fill you with 'grace /spiritual strength' (Jh 1:16-17) to exercise control over your sinful desires & weaknesses which are causing you to sin repeatedly. **Jesus will empower you with fruit of the Holy Spirit "Self-Control" (Gal 5:22) which will help you to win over your bodily passions & sinful-attractions of the world. Consequently, it will help you to conquer sin. (1Jh 5:4-5)**

However, you should not under estimate the Satan who is a very powerful spiritual being. When you give-up sin or turn away from sin once and for all, the Satan will overshadow you with his immense power. The temptations will be so intense, that, even with all spiritual efforts you will still not be able to resist temptations, because; the Satan who knows you well will use your weaknesses as powerful weapon to devour you. (1 Pet 5:8) He will tick you without your knowledge to sin again. He will come in disguise to deceive you. He will disguise himself to look like servants of righteousness & as an angel of light (2 Cor 11:14-15) to deceive you & steal your blessings. (Jh 10:10)

You will be well aware on the consequences of sin & how sin will destroy your life. Still, you will yield for sin because the Satan will deceive you in a cunning manner and you will realise that you have been deceived only after you have fallen in sin and lost your blessings & presence of Christ in you. **Yes, the Satan who was holding you as his captive for all these years (Ezkl 12:11-12) feels jealous, and fears that he may lose your soul permanently, because you have turned away from sin. Therefore, he will do everything to trick you again and make vigorous attempts to enslave you again for those sins which you have given-up.** Now, the Satan's power over you will be so intense, that; "knowing well that he is deceiving you, you will fail to hold on to Christ". (2 Tim 3:1-7) Yes, he will blind you for truth and deceive you in faith. Thus, you will lose yourself for temptations and sin again. Jesus refers this as; 'the return of the evil spirit'. (Lk 11:24-26 & 2 Peter 2: 22-24)

Yes believers, in your personal life you would have experienced such situations. If you decide to turn away from sin, the Satan cannot

make you to fall, unless you give consent to commit sin. Even after you had put-in best efforts to reject sin, yet, without your initiative or inclination to commit sin or without your willingness to commit sin, you still would have indulged in sin. Such awful thing happens because, sometimes the influence of Satan will be so intense that you will sub-consciously yield for temptations and lose yourself for desires of flesh.

Yes, dear believers, if you have consciously made-up your mind not to indulge in sin again, now the Satan will tempt you in your dream by triggering 'memories of past sins' and 'memories of your past sinful relations'. He will trigger your sub-conscious mind and entice you to commit sin in dream. Thus, in dream you will indulge in the sin which you have given-up. Having committed sin in dream, the pleasures of this sin will entice you to commit sin in your conscious mind. Because; the desire for sin/pleasure will now burn in you like fire. (Sir 23:16-17)

But Jesus has promised to protect us from the power of Satan. He said; "I will not leave you like orphans." (Jh 4:18) "I will never leave you; I will never abandon you," (Heb 13:5) and "I will protect you and defend you like a wall. (Is 60:18) I stretched out the heavens and laid the earth's foundation; I say to Jerusalem, "You are my people! I have given you my teachings and I will protect you with my hand." (Is 51:16) And I will burn around you like a wall of fire to protect you". (Zech 2:5)

Dear believers, though Jesus Christ has promised to protect you from the power of Satan, yet; to test your faith/endurance he will permit the Satan to tempt you like how God permitted Satan to attack Job to test his faith. (Job 1:1-12) **Yes, believers if you desire to serve the Lord, then the Lord himself will permit the Satan to tempt you and attack you to test your faith and endurance.** (Sir 2:1-6 & Sir 4:11-19)

Yes, God allowed the Satan to attack Job and tested his faith. (Job 2:1-10) Similarly, God will also test you in your faith and your firmness to hold on to Christ in times of trials & tribulations. Yes, your faith will be put to test, (Jas 1:2-3) so that God will bless you with sure foundation in faith. (1 Pet 5:10) Blessed are you if you remain faithful under such trials, because when you succeed in passing such trials you will receive the reward, eternal life, which God has promised to those who love him. (Jas 1:12) Dear believer, to overcome temptations, trials & tribulations & to resist the Satan to win victory over desires of your body which is weak for sin, (Matthew 26:41, John6:63) the only answer you have, or, the ultimate weapon you have is; **"Fasting and Praying".**

Now let us understand the 'truth' / 'power that we receive' in Fasting

“SPIRITUAL TRUTHS ABOUT FASTING”

By eating earthly food your body becomes strong. But in fasting your spirit becomes stronger & God will fill you with his grace.

This spiritual strength will help you to exercise self-control in your thoughts, in your eyes, in your words, in your actions, in your body, in your relations, and it will bring discipline in all aspects of 'true worship' which is to worship God in 'Truth & Spirit' (Jh 4:24) by offering yourself as a living sacrifice, dedicated to his service & pleasing him. (Rom12:1)

- 1.** *Without fasting you will not have protection in your spiritual life /in all your spiritual work. (Ezra 8:21-23, Esther 4:1-17and Judith 8: 4-6)*
- 2.** *Without fasting, you cannot gain self-control over desires of flesh and attractions of the world. (Prov 2:16, Mark 9: 14-29 & 1 Cor 9: 27)*
- 3.** *Without having self-control over your desires & worldly attractions you cannot resist temptations (Prov 2:16) & reject the Satan. (Jas 4:7)*
- 4.** *Without fasting you cannot please the Lord and win his favour. (Jer 36:9, Jonah 3:1-10, Joel 2:1-27 Esther 10 F:6-9) And the Lord is highly pleased in true fasting as he spoke to Prophet Isaiah. (Isaiah 58:1-12)*
- 5.** *Without Lord's Favour you cannot fight this Holy War (Is 13:3) and win over the wicked spiritual forces of the heavenly word. (Eph 6 :12)*
- 6.** *You need God's favour to win over these evil forces (Esther Chapters 4 to 10) because; in flesh and blood we are weak for sin'. (Mat 26:41)*
- 7.** *Jesus said; what gives life (power to fight evil spirits) is God's Spirit. Man's power is of no use at all to fight powers of darkness. (Jh 6 :63)*
- 8.** *Before commencing his mission, Jesus fasted for forty days. Thus, he won his Father's favour & gained power over the Evil. (Mat 4:1-11)*
- 9.** *Yes, we understand that; only by observing fasting we can keep the Satan away & win victory. (Judges 20:26-36 & Judith-Chaps: 8 to 13)*

Our Body is weak for sin and its attractions. Food that the earth produces nourishes our physical body, but does not help us in gaining spiritual power to resist temptations. To gain spiritual power and fight temptations you need God's favour. You receive God's favour only by Fasting. Yes, to strengthen your inner being and overcome desires of flesh (your sinful-self), the only option you have is; "fasting & praying".

St Paul said; "There is always conflict with-in us, either to remain holy or to yield for sin." (Rom 7:14-20) Yes, your soul is fighting against the passions of your body to remain holy. But the body is fighting against the soul to live according to desires of flesh. (1 Pet 2:11) Your body is being tempted & driven by the evil spirits to indulge in sin. That is why St Paul said; "We are not fighting against human

beings, but against the wicked spiritual forces of the heavenly world; the rulers, authorities and cosmic powers of Dark Age. (Eph 6:12) This fight between your soul & desires of your body is referred as "Holy War" by Prophet Isaiah. (Is 13:3) To fight this holy war the weapons that you need are not the worldly weapons, but God's powerful weapons which are used for destroying strongholds, false arguments and every proud obstacle that are raised against the Knowledge of Christ. (2 Cor 10:4-6) You will receive God's powerful weapons and power from above to resist temptation & reject sin only by observing fasting and praying.

That is why Jesus fasted for forty days and nights before he commenced his ministry on earth to gain favour of his Father. (Mat 4:1-11) Through fasting Jesus gained spiritual power from above to win over desires of flesh. With this spiritual power he fought against the wicked spiritual forces of Dark Age and nailed them on the cross. And on the cross Christ freed himself from the powers of spiritual rulers and authorities; he made a public spectacle of them by leading them as captives in his victory procession. (Col 2:13-15) Thus he has set an example for us. Yes, to gain self-control over your sinful-self and live a successful spiritual life, you need to follow the example of Jesus in observing fasting so as to win favour of the Lord. With God's help & favour you can fight the powers of darkness when evil days comes and still hold ground in faith till the end and win victory over sin. (Eph 6:13)

HOW FASTING HELP BELIEVERS TO CONQUER SIN?

Jesus said: "Man does not live by bread alone". Earthly food gives nourishment to our body and makes it strong. But, only by eating this food, can you live "life in all its fullness" which was promised by Jesus? (Jh 10:10) The answer is "No". Because, we have an active soul that lives in us which also needs nourishment to live. (Wis 15:11) Our soul is nourished by God's Spirit. That is why Jesus said; "Man does not live by bread alone, but by every 'Word spoken by God'. (Mat 4:4) Further, he said; "The words I have spoken brings God's life-giving Spirit to nourish your soul. (Jh 6:63) Yes, our soul lives by Words spoken by God. **From the words spoken by Jesus Christ, it is absolutely clear; "to live life in all its fullness", we need God's Words apart from earthly food.**

Now let us understand why God's Words is required for nourishment of soul? God has placed a soul in every human being. (2 Esra 7: 75-101) Our soul belongs to God. It is a living being which will live forever after our death. After our physical body dies, the soul will return to God. (2 Esdras 7:78) Because our soul belongs to God, it

rejoices only in the Spirit of God. (Luke 1:46-47, Phil 4:4) When our soul rejoices, we will live with fruits of the Holy Spirit which are; love, joy, peace, patience, kindness, goodness, faithfulness, humility and self-control. (Gal 5:22) If our soul rejoices, we will live healthy life and share love and peace with neighbours. **If God's Spirit does not abide in our soul, we will live with hate feeling and sadness. Further, we will lose peace, patience, kindness, goodness, faithfulness and we will live in pride, greed & arrogance. Most importantly, we will lose self-control over ourselves which will lead us to live in sin, sadness and depression.**

Our soul becomes captive if we commit sin: The Satan does not want that our soul should return to God after death to enjoy eternal life. Hence, he lures people to commit sin so that they die in sin without repenting and lose the promised eternal life. (Jh 11:25) The Satan is roaming like lion to devour souls of people. (1 Pet 5:8) When a person commit sin, the Satan binds his soul with invisible chains. (Wis 17: 17) Then, his soul becomes a captive and refugee of Satan. (Ezkl 12:11-12) **The soul suffocates and suffers in this captivity. When that person truly repents for his sins, confess them and receive absolution in the Sacrament of Confession, he is anointed by the power of Holy Spirit. This anointment breaks the invisible chains, (Nah 1:12-13) and delivers his soul form captivity and the soul rejoices in God. (Heb 4:12)**

But, why does one become victim for satanic tricks and commit sin? Man commits sin because, he is not strong in Holy Spirit to fight against Satan and his tricks. Hence, he becomes weak for sinful desires and loses himself for worldly attractions. Man is weak for sin because the seed of sin was sowed in human flesh by the Satan when Adam and Eve committed sin. The seed 'original sin' makes him weak for sin.

To become strong in Spiritual life you need to fast & pray: Now how do you become strong in your inner-being to fight against your desires & weaknesses and protect yourself form temptations? Jesus said that; Man is weak in his flesh. (Mat 26:41) To strengthen your flesh you need God's life-giving Spirit which is the power from above. (Jh 6:63) If you fast and pray, God's Spirit will strengthen your mind, body and transform your inner-being. (Rom 12:2) Then, you will become strong in spirit and gain spiritual power to fight the devil, resist temptations and reject sin. Regular fasting will greatly help to build your faith and healthy spiritual life. Without fasting, you cannot fight the passions of your body & exercise self-control over your sinful mind.

Deliverance is only through Fasting and Prayer: The disciples of Jesus could not deliver a man possessed by evil spirits. Hence, they

brought him to Jesus who delivered him. Later, the disciples asked Jesus privately; why they could not deliver that possessed man? Jesus replied; "Such kind of evil spirits can be delivered only by fasting and prayer." (Mat 17:14-21) Through this incident, Jesus made his believers to understand that; "A person can be delivered from evil spirits only through fasting and prayer". Yes, when you fast and pray, God's Spirit will take control over you. The Spirit will fill you with power and grace. This power and grace will enable you to exercise control over your thoughts, your eyes, your tongue, your actions, your sinful desires and your weaknesses & attractions of the world which are causing you to sin repeatedly. This Power & Grace will empower you to resist temptations, reject Satan and remain with Jesus in trials & tribulations.

This Power & Grace will give you strength to overcome evil bondages/ infliction which are; worldly attractions, sinful habits, sinful relations, sinful tongue, and anything which are of this world causing you to fall in sin repeatedly. *Yes, "Fasting & Prayer will fill you with power & grace which will help to gain self-control progressively in every weak area of your life. It will transform you inwardly so that you become a 'New Being' in Christ. (2 Cor 5:17) This transformation will lead to circumcision of your heart. (Col 2:10-12) Such transformation will take place in you because God will give you fruits of the Holy Spirit.*

"FASTING PRODUCES SELF-CONTROL"

Fasting produces the fruit of Holy Spirit - "Self-Control: If you fast, God will bless you with this great gift; "Self-control" which is one of the nine fruits of the Spirit. (Gal 5:22) It will work in you powerfully to gain control over every weak area of your life, as explained below:

Lack of self-control: This is the greatest weakness in man which the Satan uses powerfully to destroy God's blessings and to keep the whole mankind as his slaves. *(Wis 17:17) The world is becoming more & more attractive/glamorous. People are becoming increasingly weak for these attractions. It is extremely difficult and challenging for man to exercise self-control over his desires & weaknesses without God's grace. This is the greatest challenge that the Church is facing today. Lack of self-control over sexual desires, greed for power, status, possessions and wealth makes man to indulge in sin again and again.*

Lack of control over anger leads to destruction of all blessings. Yes, due to uncontrolled anger many have killed their loved ones, committed suicide, burnt themselves, and done damage to themselves & to others. They have destroyed all what they acquired with their hard

work. Often, we read in news how people have killed their loved ones and destroyed all their blessings in uncontrolled anger. God says; "There is no excuse for unjustified anger; it can bring you down fall. Be patient, then, you will be glad later that you did." (Sir 1:22-23) If you fast regularly, God will give you grace to gain control over anger.

Further, God said; "if you become angry, do not let your anger lead you to sin and do not allow the sun to go down in your anger. (Eph 4:26-27) Because, "Man's anger does not achieve God's righteous purpose." (James 1:20) So, "be patient and wait for the Lord to act. Don't give in for anger, because, it will only lead you to trouble. (Ps 37:7-8) If you fast and pray to the Holy Spirit, he will bless you with the Spirit of patience, thereby, you will receive "power/grace" to exercise control your anger. This patience will protect you and all your blessings. There is no reason for uncontrolled anger. The Satan will use your wild anger "which is your weakness" to destroy all your blessings. Regular fasting and prayer will enrich you in power and grace which will progressively help you to gain control over your anger & emotions.

Lack of self-control over wild thoughts & wild desires, will lure you to indulge in sinful habits and sinful relations. Thus, you will abuse your body which is the temple of the Holy Spirit. (1 Cor 3:16-17) Your wild desires will lead to abuse your relation with others and thus you will abuse them sexually. You will abuse human beings who are made in likeness of God. (Gen 3:27) Yes, people who do not have self-control over sexual desires will indulge in fornication, adultery, child abuse, and incest, gay & lesbian relations. Further, if people do not have control over thoughts, their mind will lead them in wild imaginations causing them to indulge in self-abuse, orgy-group sex, sex with animals, sexual fantasies, sadism, swapping of spouse for sexual pleasures, drug and liquor abuse. God said; "If you discipline your thoughts (desires) and be willing to learn, (through fasting) you will be kept safe in this life & will be granted mercy after death." (2 Esd 14:34)

Lack of self-control over eyes will bring lust, greed and dissatisfaction in you. It will lead you in to adultery and sexual sins. If you use eyes carelessly, you will be habituated to see pornography videos and read sinful literatures. Such habits will plunge your life in darkness and your mind will be corrupted to the core. Your mind will compel you to practice what you have seen in pornography videos and do what you read in those sinful literatures. Further, these habits will lead you to live in sexual fantasies. Then, you will look at every woman as an object of sex and will never be satisfied with any women. Every

woman will be desirable for you and you can never have enough so long you live. (Sirach 23:16-17) You will always commit sin in mind and abuse your body. (Matthew 5:28-29) These habits will destroy marital relation with your spouse & it will lead to break up of marriage. Further, your careless eyes will cause you to live in jealousy & envy. You will never be contented / satisfied with what God has blessed you.

Jesus said; "If your eyes are sound your whole body will be lit up. If your eyes are no good, your whole body will be in darkness" (Luk 11:34-36) **Dear believer, if you are a person living in this awful situation, read scriptures very often, fill your mind with message of Christ. Because, God's words are Life-giving Spirit (Jh 6:63) and it is breath of God's power. (Wis 7:25) It will burn as a fire and destroy all desires for sin in you. Further, God's words will work as a hammer and break your sinful habits and set you free. (Jer 23:29) God's words will transform you and make you as an iron pillar and a bronze wall against sin. (Jer 1:18-19) Pray to Jesus to wash your mind and eyes with his precious blood to erase the sinful memories that are embedded in subconscious mind. If your pray with contrite heart, blood of Jesus will wash you & purify you as white as wool. (Is 1:18) To get rid of all those filth from your mind observe regular fasting on all Fridays. Further, during the period of lent, observe fasting & spend more time in prayer.**

Lack of self-control over tongue will cause hurt in others and destroy them. Because, your tongue is a world of wrong occupying its place in your body and spreading evil through your whole being. It sets on fire the entire course of your existence with the fire that comes to it from hell itself. No one has ever been able to tame their tongue. It is evil and uncontrollable, full of deadly poison and it lights fire in others life. (James 3:6-8) If you observe regular fasting on all Fridays, you will gain God's favour and be blessed with grace to tame your tongue.

Fasting will give you grace to overcome impatience which makes you to use abusive language, curse others and act in a wild manner to destroy blessings in you & in others. (Gal 5:13-15) You will gain wisdom to understand that; 'your words will bring life in others'. (Eph 4:29 & Prove 15:4) God asks; "Can a spring of water pour out sweet water and salt water from the same opening"? "Can a salt water spring pour out sweet water?" (Jas 3:10-12) Understanding on this will give wisdom which will protect you from abusing tongue & give you grace to use the tongue to bless others. For God said; "Do not pay back evil with evil or cursing with curse; instead pay back with blessings for, blessing is what God promised to give, when he called you. (1 Pet 3:9)

Lack of self-control in actions will destroy good relations. When you lose control over your actions, it will end up in sin and destroy all blessing that you acquired over a period of time. Yes, in anger people lose control over themselves, fight physically, hurt each other & some time it leads to murder. If your actions are not based on love, you earn enemies. God said; "Love your neighbour as you love thyself". (Luke 6:35) But, if you act like wild animals hurting and harming each other, then you will completely destroy one other." (Gal 5:14-15) Further, God said; "It is better to have patient than be powerful. It is better to win control over yourself than to win control over others." (Prov 16:32)

Fasting will enrich you in God's grace, which will give you the fruits of the Holy Spirit "patience and humbleness". These fruits of the Spirit will help to reduce your uncontrollable anger. Thus, you will receive grace to be wise in your actions which will bring harmony. Further, God says your actions are to be based and guided by faith. If your actions not based on faith, you will displease God and commit sin. (Rom 14:23)

Lack of self-control on desire for money & wealth will make you stringy & greedy. You will never be generous with the poor and will never share your belongings with the needy. Thus, you will be living against the word of God; "Anyone who has two coats should share one with the man who do not have none, and anyone who has food should do the same." (Lk 3:11) **Further, people who are greedy will fight with their parents, siblings and others for wealth and possessions.** We have come across many instances where people have committed murder for the sake of money & wealth. Yes, your desires for wealth will drive you to commit murder. People who desire for others wealth also indulge in witchcraft & black magic to snatch neighbours' legitimate wealth. Lack of self-control over your desire for possessing material things will drive you with greed to amass wealth in unlawful manner. You will deceive people and indulge in; corruption, adulteration, flesh trade, human trafficking, running brothel and social crime like; terrorism, smuggling, killing for money, suppressing poor, oppressing workers by denying lawful wages & other inhuman behaviours. Thus, you will live against teachings of Christ; "Love on another as I have loved you." (Jh 13:34)

Your love for money & wealth will destroy your spiritual life. God said; "Money is the source of all kinds of evils. Some have been so eager to have it that they have wandered away from faith and have broken their heart with many sorrows. (1 Tim 6:10) **However, fasting, prayer & meditation on God's Words will give you grace to accept the wealth you have from the hands of God and live with content. You will**

never look at people who are wealthier than you with envy and desire their wealth. Your mind will be content and you will thank God. (Phil 4:6-7) Fasting will remove your desire for money and thirst for wealth.

Lack of self-control over desire for power, status and authority will make you to infringe others of their legitimate rights and oppress them. The desire for power & authority will make you arrogant and ruthless. It will drive you to treat others with contempt and injustice. It will make you to oppress people and treat them as slaves. But God says; "Remove the chains of oppression and the yoke of injustice and let the oppressed go free. (Is 58:6) If you put end to oppression and end the gesture of contempt, then the darkness around you will turn to brightness as noon. (Is 58:9-10) ***Fasting and prayer will open your mind for God's Love and transform your stubborn heart & disobedient mind (Ezkl 11:19 & 36:26) to treat others with love and respect them.***

Lack of self-control in worship will deceive your mind to worship images made to look like mortal man, animals, reptiles & birds. (Rom 1:21-23) And, your mind will deceive you to worship heavenly bodies like; sun, moon, stars and other planets. (Duet 4:19 & Jer 8:1-3) Also, you will depend on astrology, movements of planets and stars to decide on important issues in your life, (Is 46:25 & Is 47:13-15) instead of depending on Almighty Immortal God and his plan for you. (Jer 29:11) You will be deceived to worship idols made by human hands, (Is 44:9-20) instead of worshipping True God who created human beings & the universe. (Is 44:24) Such stupidity will destroy your faith in living God.

You will grope in darkness (Is 58: 9-11) because, the Satan will blind your mind for truth 'Jesus' (Jh 8:12) who is light of the world. (Jh 9:5) You will fail to believe in Jesus because your mind will be kept in darkness by evil god of this world. (2 Cor 4:4) Thus you will be led in sinful worship such as; 'Worship of idols & occult practices.' Further your mind will be deceived to indulge in forbidden worship which is; 'Worship of Satan'. If you indulge in satanic worship, the lying spirits will lure you to live in all kind of immorality (Gal 5:19-21) and indulge in all kind of wicked actions. (Prov 2:13-14) The Satan will deceive your mind to offer human sacrifice on his altar. And people will not hesitate to offer their own children as human sacrifice at the Satan's altar to win his favour. (Jer 7:31 & 32:35, 2 Kings 16:3, Duet 18:10 & Lev 18:21) Such wickedness will lead you in the path of eternal damnation and your soul will be condemned to hell. (Romans 1:24-30)

If you fast regularly on all Fridays and in all occasions as the Spirit leads you, and pray to the Holy Spirit, your helper, (Jh

*14:16-26) he who is the counsellor (Is 9:6-7) will lead you in Light of the Lord. (Sir 50: 28-29) **The Holy Spirit will bless you with Fruit of the Spirit; Self-control.** This fruit 'Self-Control' will help to gain control over every aspect of your life. The Holy Spirit will transform you to become a new creation. Yes, you will become a new being and experience fullness of Christ with-in you. (Col 2:6-23) The Holy Spirit will gently correct you in all sinful ways by which you displease God. (Wis 12:1-2) He will help to give up all sinful ways, to overcome your sinful-self to live new life in Spirit. (Col 3:1-17) The Lord your God will be with you & take delight in you. His Spirit will give you New Life. (Zeph 3:17)*

"GOD ASSURES FREEDOM FROM ALL YOUR WEAKNESSES"

God promises freedom in all your weaknesses. For his words says; "The anointment of the Holy Spirit showered on you in the Sacrament of Baptism is the mark of God's ownership on you". *It is a guarantee that a day will come when God will set you free all bondages. (Eph 4:30)* Here St Paul refers the 'Day' as the day on which you sincerely, truly repent and return to God with a broken heart, (Joel 2: 12-14) seeking for forgiveness and help for deliverance from all your sinful desires and weaknesses. "Through the Sacrament 'Baptism' God has brought you into union with Christ Jesus and God has made Christ Jesus to be your wisdom. By Christ you are put right with God; you become God's holy people and set free from your sinfulness. (1 Cor 1:30) This is how God promises you freedom from all sinful bondages.

In the above passage St Paul conveys that; If you sincerely acknowledge your sinfulness & surrender your whole being to the Lord, seeking his help for deliverance & protection and observe fasting regularly on all Fridays, the Lord who sees your sincere heart and how you act in response to his call for repentance, (Heb 3:7, 14 & 4:7) will fill you with his grace. This grace will strengthen your inner-being and deliver you from your sinful-self. You will receive power to give-up your weaknesses, & progressively gain self-control over weak areas in your life. Thus, it will help you to give up all your sins one by one gradually.

Consequently, you will overcome all sinful habits/relations/ bondages which are sinful. You will be able to destroy all false arguments and pull down proud obstacle that are standing against Knowledge of God. The Holy Spirit will help you to exercise self-control over yourself to make you obey Christ in everything. (2 Cor 10:4-5) God's Spirit will transform you 'as firm as a rock' & 'as hard as a diamond' against evils spirits like how God transformed Ezekiel 'as firm

as a rock and as hard as a diamond' against his enemies. (Ezek 3:8-9)

In such transformation, you will be enriched in fruits of the Holy Spirit. (Gal 5:22) *God will make you as an Iron pillar and as a 'Wall of Bronze' against the powers of darkness. The power of sinful-self cannot harm you anymore. "You will be free from all your weaknesses and sinful desires which are causing you to fall in sin repeatedly". Your old sins, sinful relations, sinful habits, sinful desires and weaknesses will fight against you. But they cannot defeat you because Christ will be with you to protect you and give you victory. (Jer 15:19-21) God is calling each & everyone to experience this spiritual wonder, so that you can live a life pleasing God & glorify his Spirit in body. (1 Cor 6:19-20)*

"Our Lord offers protection from sin"

By the power of Death of Christ on the cross, (as we read in Col 2:15) and by the power of the Spirit which raised Christ from death for eternal glory, (as we read in Rom 8:11) God will also raise your weak mortal body which is dead for God's Spirit. (1 Cor 6:14) He will change your weak mortal body and make it like his own glorious body using that power by which he is able to bring all things under his rule. (Phil 3:21) Yes, Jesus will set you free from the power of sin, because of the new covenant which he made through his own blood. (Heb 9:12-15) Yes, Christ has promised to set you free from the water less pit of exile through his death and by the power of his resurrection. (Mat 26:28 & Zech 9:11) You will return to the place of safety. And God will bless you in double measure in all that you lost due to sin. (Is 61:7 & Zech 9:12)

God gives assures in many ways that he will protect you from satanic attacks which are hurtled at you in the form of temptations, trial & tribulations to bind your soul with invisible chains and make you a captive, refugee & slave for sin. (Ezkl 12:11-12 & Wis 17:17) If you return to God with a repentant heart, broken heart and worship him sincerely and if your thoughts & actions are pure, based on faith, the Lord will not reject you. (Ps 51:17) He will uphold you by his victorious right hand, (Is 51:16) and fight for you by his Spirit. The great obstacles that are standing against you will disappear. You will win victory against your sinful-self, (Zech 4:6-7) and experience freedom with-in you because God will break all the invisible chains that are binding you and the following promises will become reality in your life:

"Lord's promises to set you free from sin"

> The Lord says; *Israel, "Even though the Assyrians (evil power) are strong & numerous, they will be destroyed and disappear. My people I*

made you suffer. I will not do it again. I will now end the power of Assyrians over you and break the chains that bind you". (Nah 1:12-13)

>> Further he said; "When I break my people's chains and set them free from those who made them slaves, (Ezkl 12:11-12) then they will know that I am their Lord & only God who can save them". (Ezkl 34:27)

>>> Yes, the one who called you will give you freedom from sin. (1 Thes 5:24) God who created you will never leave you or abandon you," (Heb 13:5) for he is the Shepherd and keeper of your Soul." (Ps 23 & 1 Pet 2:25) "His Love is strong and his faithfulness is eternal." (Ps 117:2)

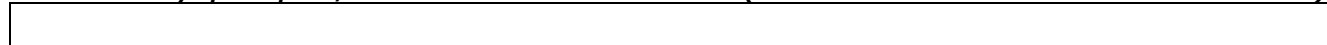
>>>> "Also, God says; I will make a covenant with them that guarantee their security. I will get rid of all the wild animals (satanic forces) in the land. So that my sheep (you) can live safely in the fields and sleep in their forests". (Ezek 34: 24 -25) You will be free from sin.

>>>>> Our Lord is faithful to all his promises. (2 Tim 2: 13) He will keep his covenant forever and his promises for generations. (Ps 105:8) and "His Spirit will go with you to give you victory over sin". (Ex 33:14)

FASTING & PRAYER TRANSFORMS STUBBORN HEART

Fasting & Prayer will bring inwardly change in your heart & mind. It will help you to understand what kind of life pleases God. And God's Spirit will gently correct you and lead you in the path of righteousness. (Wis 12:1-2) Thus you will live a life that pleases God. (Eph 5:10 &17) St Paul said; "**Offer yourselves as a living sacrifice to God, dedicated to his service and pleasing him. This is a true worship that you should offer.** Do not confirm yourself to the standards of this world, but let God transform you inwardly by a complete change of mind. Then you will be able to know the will of God, what is good & pleasing to him and is perfect. (Rom 12:1-2) You are called to live in this manner so as to glorify God's Spirit in your body. (1 Cor 6:19-20)

Only regular & persistent fasting and prayer will bring inwardly transformation. To those who are desirous and profound to fight the powers of darkness God says;" Be determined and confident. Do not be afraid or discouraged about your trials & tribulations and your sins & weaknesses, for I, the Lord your God am with you wherever you go" (Josh 1:6-9) Yes, if you are determined to turn away from sins and continue persistent fasting, God will fulfil his promise which he spoke through Ezekiel. He said; "I will give them a new heart & new mind. I will take away their stubborn heart of stone and give them an obedient heart. Then they will keep my laws and obey my commandments. They will be my people; I will be their God". (Ezkl 11:19-20 and Ezkl 36:26)



The above Word of God gives a clear understanding that; "If you fast & pray, God will fill you with his grace which will transform you inwardly and make you a new creation. (2 Cor 5:17) You will give-up old sinful nature to live a righteous life. In such transformation you will receive spiritual strength (Acts 3:19-20) which will help you to exercise self-control over all your weaknesses which are causing you to sin, such as; sinful relations & desires, evil habits, possessiveness, desire for worldly possessions, greed, grudge, vengeance, revenge, sexual fantasies, abusive tongue, extreme anger, unforgiving attitude, selfishness, lust & other inflictions which causes you to sin repeatedly.

This transformation is called as circumcision of heart: St Paul says; "In union with Christ you have been circumcised, not with the circumcision made by man, but circumcision made by Christ which consist of being freed from the power of sinful-self." (Col 2:11) You were spiritually dead because of your sins, but now God has brought you back to life in union with Christ. (Colossians 2:13) Since you have accepted Christ as Lord, you should live in union with him. Keep your roots deep in him and build your life on him, become stronger in your faith and be filled with thanksgiving. (Colossians 2:6-7) Since you have been raised with Christ, you should set your heart on things that are in heaven where Christ sits on his throne at the right-hand side of the Father. **You should keep your minds fixed on things that are in heaven, not on things that are on earth, for you have died and your life is hidden with Jesus Christ in God. Your real life is Christ and when he appears then you too will appear with him to share his glory. (Colossian 3:1-4)**

NOW YOU SHOULD KNOW; WHEN TO FAST AND HOW TO FAST?

Our Lord speaks about the kind of fasting that pleases him: He says; "When people fast at the same time they pursue their own interest. They oppress their workers. Their fasting makes them violent and they quarrel and fight". Do you think this kind of fasting will make me to listen to your prayers? When you fast, you make yourself suffer; you bow your head like a blade of grass and spread out your sackcloth, spread ashes and lie on it. Is this what you call fasting? Do you think I am pleased with it? I am displeased with such fasting. (Isaiah 58:3-5)

God says; the kind of fasting I want is this: "Remove chains of oppression & the yoke of injustice and let the oppressed go free. Share your food with hungry and open your homes for the homeless and poor. Give clothes to those who have nothing to wear and do not refuse to help your own relatives. Then my favour will shine on you like the

morning sun and your wounds will heal quickly. I will always be with you to save you. My presence will protect you from every side. When you pray, I will answer. When you call, I will respond. (Isaiah 58:6- 9)

Further God says; if you put end to oppression, to every gesture of contempt and every evil word, if you give food to the hungry and satisfy those who are in need, the darkness around you will turn in to brightness of noon. And, I will always guide you and satisfy you with good things. I will keep you strong and well. You will be like a garden that has plenty of water, like a spring that never goes dry. Your people will rebuild what has long been in ruin, building again on the old foundations. You will be known as people who rebuilt the walls, who restored ruined houses". (Is 58:9 - 12) God is pleased with such things. **God warns us saying: Don't think that I am too weak to save you or too deaf to hear your call for help. It is because of your sins I do not hear you. It is your sins that separate you from me when you try to worship me. You are guilty of lying, violence and murder. (Is 59 :1-2)**

With this understanding let us proceed to know the types of fasting the Scriptures advocates.

Regular fasting-On Fridays: Friday is the Day of our Lord Jesus Christ's death. If you observe fasting on Fridays God will fill you with power & grace. You can observe regular one-day fasting on Fridays by consuming only water if health permits. Or, consume liquid beverages such as; soup/tea/coffee/milk. Or, it can be observed by abstaining all intake with one light meal at night. You must spend time in prayer at 3 PM the time of Christ's death, which is the "Hour of Mercy". If you cannot sit in prayer at 3PM due to office work, you can pray late in the evening. Prepare a list of intentions as the Holy Spirit gives you along with your personal intentions and pray fervently in a closed room. Intercede for the whole world for various intentions. Offer Divine Mercy Rosary for your intentions and meditate on Rosary. Pray to Mother Mary seeking her intercession for all your prayer intentions.

One Day fasting for specific intention: One day Fasting for specific intention can be observed on any day of the week. You may consume only water if health permits. Or, consume liquid beverages like veg soup/milk/tea/coffee, once or twice depending on health condition. The purpose of such fasting may be to discern / understand Lord's will on a specific issue. It may be a decision to undertake a journey, or to fix marriage alliance, or to start a business, or to do a specific thing on which you are looking for God's guidance, intervention and his favour.

Three days fasting for deliverance. If you want to be delivered from sinful habits, or delivered from possession of evil spirits, or delivered from affliction of witchcraft & black magic, or delivered from satanic decease or healing from life threatening decease, or want to solve any serious problem in personal life or in spiritual life, then you should fast for three days and three nights consuming only water. Such fasting can be observed on any three days during a week, as guided by the Spirit of the Lord. *(Please read the book Esther; to understand how Jews who fasted three days & three nights, won God's favour and defeated their enemies (Haman's soldiers) and established themselves.*

Seven days fasting to gain spiritual gifts: In the book 2 Esdras, we read that the Prophet Esdras was chosen by God to reveal many spiritual truths about creation. Such as: Why things are happening in the manner that God had decreed? What are the signs for the End? What is will happen at the end of age? Why do God's people suffer? Why only a few people will receive eternal life? What is the fate of souls after death? And, disaster that will come upon the people at the end?

God wanted to reveal these spiritual truths to Esdras. However, to gain understanding on these truths, on four occasions God told Esdras through angel Uriel to observe fasting for seven days by eating only wild flowers in the forest as quoted here. (2 Esdras 5:20-21, 2 Esdras 6:35-36, 2 Esdras 9: 26-27, and 2 Esdras 12:51-13:1) Esdras observed fasting and God revealed him the spiritual truths on creation, and opened his mind to understand them. (Lk 24:44-49) If you are eager for Spiritual gifts, you may observe seven days fasting by eating vegetables only. God will bless you with spiritual gifts. (1 Cor 12:8-11)

Twenty-one days fasting to gain understanding: (Daniel 10:1-21) Prophet Daniel fasted for twenty-one days to gain understanding on the vision that was given to him and on Scriptures. He did not eat rich food, meat or drink wine nor did he comb his hair. You may observe such kind of fasting to gain understanding & knowledge on Scriptures.

Forty days fasting during season of lent: Moses fasted for forty days on two occasions asking the Lord to forgive sins of Israelites, before he received the Ten Commandments. (Duet 9:25-29) *Jesus fasted for forty days without eating before he commenced his ministry and received his Father's favour. (Mat 4:1-11)* Moses and Jesus fasted forty days to receive God the Father's mercy & favour. You may also follow these examples if your health permits and observe fasting for forty days to plead for God's mercy, forgiveness for the sinful world and intercede for repentance of the whole world during the period of

lent. Such fasting may be observed by having liquid beverages as required during the day and with light meal at the night. However, you must sit at the Lord's feet and pray for your intentions and raise petitions (1 Tim 2:1-4) before meal at the night. Also, you can observe forty days fasting for special favour/spiritual gifts to enrich spiritual life.

Observing abstinence for three years: Abstinence means to eat only light vegetarian food with an intention to receive spiritual gift. In the book Daniel, we read that; Daniel is one of the four young men who were selected and trained as members of the Royal Court. They were to be trained for three years and were to be given the same food which was served to the members of the Royal Court according the King Nebuchadnezzar's Order. However, by the inspiration of God, Daniel chose to eat only vegetables & drink water against King's order.

But God made Daniel's body stronger than those who ate food that was served at the Royal Court. After three years of abstinence, God Blessed Daniel with a gift to interpret visions and dreams in addition to knowledge, skill in Literature and Philosophy. This is how abstinence from non-vegetarian food will help believers to gain special gifts from God to grow in Spirit and strengthen their spiritual life. (Daniel 1:1-21)

The Author of this book was guided by the Spirit of God to observe abstinence for three years. In obedience to the inspired message, he did not eat non-Vegetarian food for three years from 2009 to 2012. God opened his mind to understand certain spiritual truths and gave wisdom to understand the spiritual meaning hidden in God's Words. This understanding and wisdom help him in counselling, praying and preaching. Further, wisdom on understanding Scriptures greatly helps him to write spiritual books to enlighten believers on faith & scriptures.

"GOD's Message - after Fasting and Prayer"

We fast and pray to receive Lord's mercy & favour on specific intention or problem. On seeing our humbleness & heart desire, the Lord will definitely answer our prayer. (Mat 7:8 & Jh 16:24)

In prayer, you speak to the Lord raising supplications and pour out your heart asking him to grant mercy and favour. Before you end fasting, after the final prayer, ask the Lord to speak to you through Scriptures on your specific intention for which you observed fasting. Before you take Lord's message, "Pray to the Father in heaven to be merciful to you, calming his love & mercies. (Is 31:20) Pray to the Holy

Spirit, your helper, to give you correct discernment on the message. (Jh 14:16- 26) Pray to Jesus who is the source of life, (Jh 1:4) light in your darkness, (Jh 8:12) and "Light of the World" (Jh 9:5) to guide you by his eternal light in your problem and to end your grief. (Is 61:19) Jesus who is the Shepherd in deep darkness will guide you by his life-giving words in the valley of death and solve your problem. (Ps 23:4)

Take help of Mother Mary & plead for her intercession to protect the message form heavenly throne; because, Satan will misrepresent the message to deceive you. In total surrender & humbleness ask Jesus to speak to you and then open the Bible. Surely God will speak to you through his Words and guide your feet. (Ps 119:105) Definitely you will have an answer to your problem or for your prayer intention. Take help of the Holy Spirit to discern on the message and to interpret it for your situation. The decision which you take in such problem based on the message given will come from the Lord himself. (Duet 1:17) Christ has poured out his Spirit on you and he will guide you to take right decision and give peace in the decision which you make. (Col 3:15) Obey the message, you will find victory in the problem. (Prove 3:5-6 & 1 Jh 2:27)

"God will never allow your prayer go unanswered"

Because, God said; "Call to me, and I will answer you; I will tell you wonderful and marvellous things that you know nothing about." (Jer 33:3) Yes, he said; "You will call to me. You will come and pray to me and I will answer you. You will seek me and you will find me, because you will seek me with whole heart." (Jer 29:12-13) Further, God said; "I will make you to go through difficult times, but I myself will be there to teach you. You will not have to search for me anymore. If you wander off the road to the right or to the left, you will hear my voice behind you saying, "Here is the road. Follow it". (Is 30:20-21) **Further God says; "I will lead my blind people through the roads that they never travelled. I will turn their darkness in to light. (Is 42:16)** Yes, the Lord will teach you to do what pleases him. So, walk in the path in which he leads you, for; his teachings come from Jerusalem. From heavenly throne, God speaks to his people". (Mic 4:2)

Yes, the Lord watches over the righteous and listen to their cries. (Ps 34:15 & 1 Pet 3:12) He said I will lead you in the light of my glory. The sun will not be the light for you by day nor moon by night. I the Lord, will be your eternal light. The light of my glory will shine on you. (Is 60:19) Your days of grief will come to an end. I, the Lord will be your eternal light more lasting than sun and moon. (Is 60:20) Yes,

you will experience such spiritual encounter with the Lord because; "Christ has poured his Spirit upon you. As long as the Spirit remains in you, you do not need any one to teach you. For his Spirit teaches you about everything and what he teaches is true, not false. Obey the Spirit's teaching then, and remain in union with Christ. (1 Jh 2:27) This is how God will answer prayer, if you observe fasting. (Joel 2:18 - 27)

Obey the Message that you have received in Fasting & Prayer:
If you have raised a problem to the Lord in fasting and prayed for his guidance, and having received a message from him, please obey the message even if it is not pleasing you. (Jer 42:6) Because, the Lord says; "Do not restrain the Holy Spirit; do not despise the inspired messages. Put all things to test; keep what is good and avoid every kind of evil. (1 The 5:19-22) God will never put you to shame when you obey him. (Ps 25:1-3, & Is 54:17) God says; "Those who believe in my message and obey them will not be disappointed". (Rom 10:11)

God will bless you, if you seek him for guidance, because; *"His word comes as light in your path and it guides your feet". (Ps 119:105). God said; "Put in to practice what you have learnt and received from me. (Message received from God in fasting) Put my word in to practice (Jas 1:22-25) for I am at work in you who believe. (1Thes 2:13) If you put in to practice the message given to you, God who gives you peace will be with you." (Phil 3:9) Yes, if you obey Lord's message given to you in fasting, you will have peace in mind, rest in soul and victory in your problem. This is how God will solve your problem if you deny yourself for food in fasting and pray with faith and obey God's message.*

FASTING HELPS TO WIN LORD'S FAVOUR

Here are some instances where people won Lord's favour by fasting and defeated their enemies.

1. Esther won God's favour: In the book Esther, we read that the Prime Minister Haman threatens kill Jews. He convinced the King Xerxes who promulgated an order to kill all Jews in Susa. Hearing the bad news, the Queen Esther, who is a devote believer in the living God, and herself being a Jew, sent a message through Mordechai to all Jews in the country to fast for three days & nights without eating or drinking.

The Queen Esther also fasted three days & three nights and gained courage to go to the King without being called. As per King's order anyone who goes the King, without being called should be put to death. But when the Queen went to the King without being called, the King was furious about it. But God changed King's anger in to tender

kindness. Further, God changed the King's mind to promulgate a decree in favour of Jews which gave the Jews authority to fight against Haman. On the day Haman's army went against Jews, Haman's ten sons were killed, hanged and his army was defeated and slaughtered by the Jews.

The lessons that we must learn from this episode are:

- > The Queen Esther and the Jews won God's favour by fasting for three days & three nights.
- > The Lord heard their prayer in heaven and turned his face upon Jews and looked at them with favour. (Num 6:22-25)
- > Because God was pleased with their fasting, he changed the King's mind. The King's furious anger was turned in to tender kindness towards the Queen, when she went to the King without being called.
- > The Lord's presence was with the Queen which did the impossible.
- > God changed the King's mind and he promulgated a decree in favour of Jews to fight against his own army.
- > By fasting for three days & three nights the Jews who were living in fear, received courage & power to fight their enemies and won them.
- > The Jews received such a wonderful favour from God because, God was pleased by their sincerity in three days & three nights fasting.
- > Finally, when the day came to decide the fate of Jews, God gave his verdict in favour of Jews and gave them victory. (Esther 10 F: 6-9)

You also will receive God's favour to overcome enemies, which are your 'weaknesses & sinful desires' causing you to sin. In difficult situations; when you do not know what to do, (or) when you want to get rid of influence of evil spirits due to witchcraft/black magic, (or) when medicines fail to heal your sickness, either you or your spouse can observe fasting for three days & three nights repenting for all sins in family. God will not reject humble & repentant heart. (Ps 51:17) He will forgive you & change everything in your favour like how he forgave Hezekiah, healed him and gave fifteen more years to live. (Is 38: 1-8)

Yes, God will heal your body and soul, change situations in your favour and give victory in your problem. Also, God will make you 'as firm as a rock' and 'as hard as a diamond' against the powers of darkness. (Ezkl 3:8-9) Further, he will make you an Iron pillar and a bronze wall against your weaknesses & sinful desires which are making you to fall in sin again and again. Your enemies (your weaknesses & sinful desires) will have no power over you to make you fall in sin repeatedly. (Jer 1:18-19 & 15:19-21) The Lord, your God will transform your mind by his power and help you to live a holy life. (Rom 12: 1-2)

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2. In the book Judith, we read that; the Israelites who were living in the hill town-Bethulia were under siege by General Holofernes and his army, who were threatening them to surrender. *At that time Judith an Israelite woman, widow of Manasseh who spent all her life in fasting and prayer, encouraged the Israelites not to surrender. The Spirit of God was with her and she was very courageous. (Jdt 8:4-6) God gave her Wisdom and help to plan her fight against the General - Holofernes.*

Judith along with her slave women entered the camp of Holofernes very intelligently. She befriended the General and beheaded him with his own sword when he was drunk and escaped from the camp with his severed head. Learning about death of their General the whole army broke rank and fled. Thus, Judith a woman of fasting & prayer brought victory to Israelites. **Fasting and prayer brings victory in our problems.**

3. The author of this book being an Air Force Officer was in the habit of drinking. (Drinking habit is an evil infliction, which keeps us as salve for this sin) In the year 2000 he decided to quit this habit. With determination to quit drinking, he attended a retreat for five days at Divine Mercy Retreat Centre, Chalakudi, Kerala, India. He sought the help of Holy Spirit in his fight against the habit. All five days of retreat he did not eat but drank only tea/coffee/milk. On completion of retreat, he returned to Air Force camp where he had numerous opportunities to drink. But the Holy Spirit gave him grace to reject liquor once for all.

During the retreat, God heard his prayer in heaven and turned his face upon him and looked at him with favour. God delivered him from the evil spirits, which made him slave for this habit. Because he was delivered, he lost the thirst to drink liquor once and for all. This is how fasting will help you to get rid of your sinful weaknesses & desires which are luring you to commit sin repeatedly. He was delivered in the year 2000 and did not drink liquor though he had numerous opportunities. It is twentytwo years now since the author quit drinking.

SPIRITUAL TRUTH ABOUT FASTING AND PRAYER

We discern from the above that; when you fast, you please your Father in heaven. When God the Father is pleased, he turns his face and looks at you with favour. He sends Holy Spirit upon you who delivers you from all evil bondages, because; "God guarantees freedom by the power of his Spirit". (Eph 1:14) And, you become strong in your inner-self "like a bronze wall" and receive power to resist temptations and reject sin in all its forms. Temptations will have no power over you for God will protect you from the powers of darkness. (Jer 15:19 - 20)

Further, the Spirit will guide you and give wisdom to overcome your problems. *The spirit will guide you in your decisions which are crucial and critical in life. (Is 30:20-21 & Col 3: 15) This is the spiritual truth about fasting & prayer. Yes believer; "Are you suffering from any satanic bondage, or incurable decease, or secret sins which is bothering you, which you are not able to share with any one? Then share it with Christ through fasting & prayer. It may be a sinful relation, or, it may be a sinful habit, or, it may be forbidden relation, or, it may be forbidden worship, or, it may be any weakness which is luring you to sin repeatedly. You may have tried many times to give - up, but failed.*

You failed in your efforts to give up this sin because, Jesus said; *"You cannot fight the powers of darkness alone because you are weak in flesh. (Mat 26:41 & Jh 6:63) But Jesus said; it is possible with his help. (Jh 15:4-5) Yes, "All things are possible for those who believe in Christ". (Mk 10:27 & Phil 4:13). Surrender your problem and your inability to the Lord to receive his help by observing fasting. God will surely deliver you from your captivity and restore everything that you have lost due to sin in double measure. (Isaiah 61:7 & Zechariah 9:12)*

In the following instances, we see how people fasted to win the favour of the Lord and how the Lord turned his face towards them, looked at them with favour & restored everything they lost due to sin.

1. King Hezekiah was in death bed. He received God's message through Prophet Isaiah that he will die. The King turned his face to the wall and cried bitterly for his sins. Seeing how he repented God took pity and sent another message through the Prophet that; the King will live for another fifteen years. Thus, God heard King's prayer, turned his face upon him, forgive him and blessed him long years of life. (Is 38:1 - 8)

2. Jeremiah tells Prophet Baruch to give 'the Lord's message' to people of Judah in Jerusalem about the destruction that was to come because of the evil they did. Hearing the message people turned away from their wickedness and fasted to receive God's favour. (Jer 36:1-9) In heaven God heard their prayer, forgave them and did not destroy them.

3. Joel gave God's message to Palestine about destruction that was to come upon it, due to wickedness. He warned people to repent & turn to God by observing fasting. People gave up wickedness, repented & turned to God with broken heart in fasting & prayer. Seeing how they acted, God showed concern for them & showed them mercy. He restored all blessings that they lost due to wickedness. (Joel 2:12 - 26)

4. God sent Prophet Jonah to Nineveh and warned people about the destruction that was to come on them due to wickedness. Hearing God's message the King ordered people to fast & pray. The King & all people wore sackcloth, sat on ashes to show repentance and prayed to God for forgiveness and mercy. Seeing how they acted, God changed his mind on the destruction but showed them favour. (Jonah 3:1 - 10)

Dear believer in Christ, are you deeply involved in sin? Those secret sins and weakness which only you know!

You would have tried many times to turn away from your weakness and sins, which have made you a refugee/ prisoner captive/ slave and is ruining your life! It is a very good attempt! But you cannot get rid of them only with your effort. Because Jesus said; "You can do nothing on your own. But, with me you can do all things". (Jh 15:4-5) He said so, because our flesh is weak to fight the powers of darkness. Yes, our spirit is willing to give-up sin, but our body is weak for sin." (Mat 26:41) Our body is weak for sin because, the seed of sin was sowed in human body by the Satan when Adam & Eve committed sin in the beginning. (Rom 5:12) Further Jesus said; "What gives life is God's Spirit; man's power of no use at all to fight against the powers of darkness." (Jh 6:63) **St Peter said; "Our flesh is waging war against our soul to indulge our body in sin".** (1 Pet 2:11) You must be wise to understand that; the powers of darkness are using our weaknesses and our desires of flesh to lure us in sin and keep us as slaves for sin. And Jesus said, whoever sins is a slave for sin. (Jh 8:34)

"FASTING IS THE ULTIMATE WEAPON"

Yes, dear believers, human power is not sufficient to fight against wicked spiritual forces of the heavenly world, which are enticing us to fall in sin repeatedly (Eph 6:12) Therefore, we need God's intervention to deliver us from all our weaknesses & sinful desires which are captivating us for sin. Yes, we need God's favour to overcome our 'sinful-self' so that our heart and mind are transformed inwardly, (Ezek 11:19 & Rom 12:1-2) to become a new creation. (Col 3:10) St Paul refers this transformation as; "Circumcision of Heart". (Col 2: 11)

Such transformation can also take place instantly; like how St Paul was transformed when he heard voice of Jesus, who asked him "Paul, why are you persecuting me"? (Acts 9:1-19) However, in the present days, transformation of heart is a gradual process! Therefore, God is working in us to make us what he wants us to be". (Jer 18:6 & Phil 1:6) Transformation of heart & mind will take place only in spiritual

encounter with the Spirit of the 'Most High'. That is why we need to prepare ourselves not by the standards of this world, but in the manner which the Bible teaches. The Bible says; we must give-up worldly ways of living, because; we have to prepare ourselves for the world which is yet to come, yet to be revealed, the world of 'New Life' which God has prepared for us. (Eph 1:7-11 & 2:10) *Therefore, we must observe fasting to understand this 'New Life' & what God is doing with us? Through Fasting we gain God's favour to give-up sin and enter in spiritual life. Jesus revealed this truth by fasting for forty days before he started his Ministry. We cannot give up sin by living in flesh & blood.*

Yes, to receive the New Life which Christ has prepared for us, (Eph 1:4-5) we must live life-in-spirit, as St Paul spoke in Rom 8:1-39. He said; what is made of flesh & blood – 'sinful-self' cannot meet needs of the Spirit". To meet needs of the Spirit, we must reject ourselves for the sinful desires of flesh and offer ourselves as a living sacrifice to God, fully dedicated to his service, (Rom 12:1) so that we can come to know God's will for us and live a life that is pleasing him. (Rom 12:2) *So, to move on from this sinful life to a life which is awaiting us in heaven, we must reject ourselves for the desires of the flesh and deny your body for food/observe fasting with a desire to turn away from sin.*

If you observe true fasting (Is 58:6-12) you will come closer to God; because God who sees your heart & takes notice of your efforts will not send you empty handed. (Ex 3:21) Jesus will not disappoint you in your efforts." (Rom 10:11) Surely God will fill you with fruits of the Spirit, which are; Love, Joy, Peace, Patience, Kindness, Goodness, Faithfulness, Humility & Self-control. (Gal 5:22) *The fruits of the Spirit will strengthen you in all your weaknesses and help you to reject sin in all its forms and transform you. Further, God will bless you with "Sure-Foundation in faith" so that you will become a loyal soldier of Christ. (Is 13:3) St John said; "Who can defeat the power of sin? Only the person who believes that Jesus Christ is the Son of God." (1 John 5:4)*

**Are you keen to gain control over your sinful-self?
The Only Option you have is to Fast and pray!
God will give power to exercise self-control
over your weaknesses for sin. Fasting
will help to cleanse your soul.**

CHAPTER-5

PRAYER BUILDS SPIRITUAL LIFE

INDULGE IN PRAYERFUL LIFE TO BUILD YOUR SPIRITUAL LIFE

Now, let us understand "What is Prayer"? *Prayer is supplication of your special needs in humble submission to our 'Father in Heaven' from the depth of our heart with unquestionable faith. If your needs are genuine and not guided by greed, your prayer will be heard in heaven by God and answered. Because, God does not refuse anything good to righteous people. (Ps 84:11) He gives generously & graciously to the needy. (Jas 1:5) God is near to those who are discouraged, (Ps 34:18) and listens to the prayers of the oppressed & needy. (Ps 10:18) God is the provider for the body, (1 Cor 6:13) and he provides all our needs according to his will from abundance of his wealth. (Phil 4: 19)*

God said; "Pray to me, I will answer you. I will reveal you wonderful and marvellous things that you know nothing about." (Jer 33:3) Jesus said; "If you abide in me and my words abide in you, whatever you ask you shall have it". (Jh 15:7) Further he said; "Whatever you ask in prayer, believe that you have received and it will be yours." (Mk 11:24)

The Scriptures portrays prayer in this manner.

Dear believer, if you are sincere in heart to seek the Lord's face and indulge in prayerful life, the spirit that God has placed in you will make you his children and by the spirit's power you will cry out to the Lord; "Father my Father"! (Gal 4:6) God's Spirit will himself join your spirit and declare that you are a child of God". (Rom 8:15-17) God's Spirit will take control over you and reveal how you ought to pray, and what should be your prayer intention. (Rom 8:26) Yes, God's Spirit will plead in you to the Father in heaven on behalf of people in accordance to his will." (Rom 8:27) Such prayer will be answered by God the Father

Prayer brings discipline in life: *The Bible says; "You have to worship the Lord and pray to him before sunrise so that your prayer is very effective." (Wis 6:12-18) And, "you have to pray for the whole world as the sun comes out in the morning". (Wis 16:26-27) Also you have to pray at 3 PM which the hour of Lord's Mercy-the hour of Lord's death. (Acts 3:1) Further, God says; you have to pray before you sleep at night. (Ps 4:1-8) This schedule for prayer will bring discipline in you to*

live a religious life. In Scripture we read Daniel worshipped the Lord and prayed to him thrice a day. (Dan 6:1-10) Sirach said; "If you fear the Lord, you will accept correction. He will bless those who get up early in the morning and pray. (Sir 32:14) God wants that we should remain in communion with him through prayer like how Jesus remained in communion with his Father always through prayer. (John 17:1 - 25)

God's Spirit will descend on you and lead you in prayer: *If you pray with sincere a heart, (Is 29:13 & Mat 15:8) with a repentant heart (Ps 51:17) and with a thankful heart, (Phil 4:6) God will be highly pleased. He said; "I am the high and holy God who live for ever. I live in a high and holy place. But I also live with people who are humble & repentant, so that I can restore their confidence and hope". (Is 57:15) Yes, if you are humble and repentant in heart, God's Spirit will live in you and his Spirit in you will pray to Father. St Paul said; "The Spirit comes to help as you are weak, for you do not know how you ought to pray. The Spirit will himself will plead with God for you in groans that words cannot express. And God who looks into your heart (1 Sam 16:7) knows what the thought of the Spirit is, because the Spirit pleads with God on behalf of his people in accordance with his will. (Rom 8:26-27)*

This is a unique spiritual experience where God's Spirit will take complete control and lead you in prayer. *If you indulge in prayerful life, the Spirit of God will burn around you as a wall of fire to protect you from the power of sin. (Zach 2:5) Yes, the Spirit of God will act as a hammer and destroy all strongholds that are binding you in sin and burn-up all the evil inflictions in you, for the Lord's Spirit is a fire. (Jer 23:29) Yes, prayer will help to protect your body, soul and spirit from your sinful desires and weaknesses which lures you to sin repeatedly and build your "Life in Spirit." (Rom 8:1-17) Thus, you will grow in Spirit and come nearer to God, as he calls you saying; "Return to me, and I will return to you." (Zach 1:3) "Turn to me and I will turn to you." (Malachi 3: 7) "Come near to me & I will come near to you". (Jas 4:8)*

WHAT PLEASES GOD IN PRAYER?

Now it is very important to know what God expects from us to answer prayers. *God expects certain discipline in life to answer our prayer at the time chosen by him. (Eccl 3:1-11) For prayers to be heard in heaven, your life must be pleasing God. Now let us understand what life pleases God so that your prayers are heard and answered by him.*

1. God is pleased with repent heart: *Our sins become a barrier for God to answer prayers, for God said; "When you lift up your hands in*

prayer, I will not look at you. No matter how much you pray, I will not listen, for your hands are covered with blood. Stop all evil that you are doing and learn to do what is right. See justice is done, help the oppressed, give orphans their rights and defend the widows." (Is 1:12-20) Further, he said; "Don't think that my hands are too weak to save you or I am too deaf to hear your call! It is because of your sins I do not hear you call. It is your sins that separates you from me when you worship me. You are guilty of lying, violence and murder". (Is 59:1- 3)

When Prophet Joel & Jonah gave Lord's message to people to repent and turn away from sins by fasting, people obeyed God's message. In obedience they won Lord's favour. God restored them with all that they lost due to sin. (Joel 2:1-27 & Jon 3:1-10) It is a clear message that you can't continue to live in sin and raise prayers. You should repent for sin & turn away from them before you raise prayers and petitions.

2. God is pleased with a heart which forgives: Jesus died on the cross for forgiveness of sins of mankind. He displayed unconditional forgiveness so that we too must follow him to forgive our offenders unconditionally. Jesus said; "You should forgive your offenders seven times seventy. (Mat 18:21-22) It means; "You should forgive your offenders endlessly". Further, he said; "If you are about to offer a gift to God, and at the altar you remember that your brother has something against you, leave your gift there in front of the altar. Go at once and make peace with your brother and then come back and offer your gift, so that it will be accepted by God."(Mat 5:23-25) *It is a clear message that God will not answer our prayer, if you do not forgive our offenders.*

3. God is pleased with a person who surrenders his sinfulness and prays: As we grow in age, knowingly or unknowingly we become captives, prisoners and slaves for many things in physical life and spiritual life which displeases God. Thus, we stray in the righteous path and live in sin. Though we confess our sins regularly and receive absolution in the Sacrament of Confession, we continue to commit the same sins repeatedly, because, we have become captives for our sinful habits, we have become prisoners for many negative attributes and we have become slaves for sinful relation/actions. We have not decided to surrender them / give-up those sins. Such attitude displeases our God.

In spiritual life we indulge in idol worship: The Bible says; "If you honour anything or place anything above God, it is idol worship". "If you do not worship the Lord before sunrise but place your early morning sleep above worship, it is idol worship". (Wis 6:12-21) "If you honour wealth/status/pleasures above God, it is idol worship". (1 Tim

6:6-10) The Bible says; "if you repose faith in idols made by human hands, (Is 44:9-20) or, repose faith in living beings, animals, birds and reptiles, it is idol worship. (Rom 1:20-23) If you depend on palmistry, astrology, zodiac signs, sun, moon, planets (Is 44:25 & 47:13-15) witchcraft, black magic, pagan worship, occult, or anything other than the Almighty God for living, prosperity & good future, it is idol worship. Thus, you commit sin in practicing faith & against Ten Commandments, for God said; I am the Lord your God who brought you out of Egypt, where you were slaves. Worship no god but me." (Ex 20:1-5, Rom 14:22-23)

In physical life people live with negative attributes, such as; enmity, vengeance, revenge, grudge, hatred, unforgiving, pride, envy, greed, lust, uncontrollable anger. God hates all these sins. These sins are against the second highest Commandment, which is; "Love your neighbour as you love thyself." (Mk 12:31) Also it is against the teachings of Jesus, which is; "Love one another as I have loved you", (Jh 13:34) and "Forgive one another as I have forgiven you". (Col 3:13)

In physical life people become slave for sinful actions, such as; sinful relations, adulterous relation, forbidden relations, Gay /Lesbian relations, sinful habits, such as; addiction to liquor /drugs /smoking /pornography. They also oppress people, deny justice, oppress widows/orphans, cheat public and indulge in unlawful trade such as; drug trade /flesh trade / human trafficking and also indulge in terror activities etc.

If you indulge in idol worship, or, live with anyone of these negative attributes, or, involve in any such sinful activities, it will displease the Lord and he will turn away his face from you when you try to worship him. Your prayers will not be answered. God wants you to surrender these sins and repent for them before you raise prayer and petitions. Please read passages quoted here to understand what pleases the Lord in worship. (Isaiah 58:1-12, Ezekiel 18:5-9, Sir 25:1 & Psalm 15:1-5)

4: God is highly pleased when you fast and pray: In Chapter-4; "Fasting the ultimate power," we understood the importance of fasting to gain favour of God for successful spiritual life. *Without rejecting yourself for comforts of this world and denying yourself for food & drink, you cannot please God and win his favour. (Jer 36:9 & Ezra 8:21-23)* In fasting God will reveal wonderful & marvellous things which your mind can not perceive & understand. (Jer 33:3) Daniel was a man of fasting and prayer. God gave him wisdom to interpret dreams and visions. (Dan 4:19-37) Also God revealed many truths about the end of ages and tribulations. (Daniel 12:1-13) Daniel was a man of wisdom.

Yes, in flesh & blood you will not understand the activities of the Spirit. But when you fast & pray God's Spirit will take control over you and lead you in roads which are unknown to you, for he said; I will lead my blind people through the roads that they have never travelled. I will turn their darkness in to light and make the rough country road smooth before them. These are my promises. I will carry them out without fail." (Is 42:16) Yes, if you fast & pray, heaven will open up. Your prayers will be heard. (Judith 4:13 & Acts 10:31) God will answer your prayers according to his will at the time chosen by him. (Ecl 3:1-11) God will give you victory for his word says; you will succeed not by military might or by your own strength but by my Spirit. The obstacles as great as mountains will surely disappear before you. (Zech 4: 6-7)

5. God is highly pleased when you pray with a thankful heart:

The glamour & attractions of this world have made people to forget God's blessings such as; good parents, education, food, good youth, sound body, knowledge about Christ, all Sacraments of RC Church through which we consume body & blood of Christ which give us life, and forgiveness of sins so that we do not lose the promised eternal life. (Jh 11:25) We received countless blessings and God continues to pour more & more on us. We are unworthy of them because, knowing very well that "God sent his only Son Jesus Christ to offer himself as a sacrifice for our sins", who died for us on the cross, (Jh 3:16) we still continue to live in sin. **In spite of our unfaithfulness & unworthiness God is still merciful. And he has not left us as orphans (Jh 4:18) but provides us all our needs from the abundance of his wealth. (Phil 4:19)**

- > Yes, out of his everlasting love, (Jer 31:3) God does not punished us as we deserve or repaid us according to our sins. (Ps 103:10 & 130:3)
- > God being provider, (Ps 65:9-13) never stops rain nor fails to provide food. He meets all our needs & satisfies us. (Mat 6:26, Ezkl 34: 26-29)
- > Out of his great love (Jer 31:20 & Heb 13:5) God's Spirit gently corrects us in our sinfulness to lead us in righteous path. (Wis 12:1-2)
- > In his mercy & love, (Sir 2:18 & Ps 145:17) God gives time for us to repent and return to him with humble & repentant heart. (Wis 11:23)
- > God protects us from all hidden dangers & decease (Ps 91:1-16) and shepherds us in the wilderness of sinful world. (Ps 23: 1-6 & 121: 1-8)
- > **Above all Jesus has forgiven all our sins by sacrificial death on the cross (Jh 3:16 & Col 2:13-15) so that we gain eternal life. (Rom 6:23)**

In return, God expects from us only one thing. To be thankful for all his goodness. (Ps 50:14) Yes, God expects us to pray to him with a thankful heart acknowledging all his goodness and mercies. (Phil 4:6)

6: God is pleased when you pray with his Words: The Bible says; Jesus is "Word of God" (Jh 1:14 & Rev 19:13) Hence, presence of Christ dwells in the Word. God's Word says; "In the beginning the Word (Christ) existed, the Word was with God and the Word (Christ) was also God". (Jh 1:1) **God said; "My power dwells in my Words". (Jer 23:29)** Each Word manifests its power differently to different persons in different situations, as the King Solomon said; **"What a joy it is to find just the right Word for right occasion."** (Prov 15:23) **All Words in the Bible do not suit for all persons for all occasions/ situations.** Therefore, you must use the right choice of Words in prayer for right occasion as the Spirit reminds you in worship. **Prophet Sirach said; "The Lord gave me the gift for Words and I have used it in my worship."** (Sirach 51:22)

It is important to use right choice of words in prayer. Because St Paul said; "Word of God is a double-edged sword, which will deliver you from evil spirits". (Heb 4:12) Hence, you must use God's Words as sword to fight the Satan. (Eph 6:17) Further he said; "Use God's words as a powerful weapon in order to fight well against the devil". (1 Tim 1:18 & 2 Cor 10:4). ***Yes, you are called to use right choice of Words suiting the occasion when you raise prayer & petitions, because; King Solomon said; "God's Word is breath of God's power, a pure & radiant stream of glory from the Almighty. (Wis 7:25) His words reach every part of the world & sets everything in useful order. (Wis 8:1) Jesus said; "The words I have spoken brings God's life-giving Spirit", (Jh 6:63) and it gives life in soul and healing in body. (Proverbs 4: 20-21)***

Dear believers, it is very important for us as Christians, that; "we must know Word of God and use right choice of words in worship to add power & life to our prayer so that it is heard in heaven". In Bible we read how people prayed to win Lord's favour. Praying with Word of God does not mean that we remind Lord of his promises and claim them, (Is 62:6-7) though, it is also one of the ways how we should pray. Praying with Word of God means; "You should recall mercies of the Lord, remind him on how he saved people in times of war, distress, famine, difficulties and use those words in your distress to storm the heaven for your prayers to be heard. ***Examples of prayers raised by people at different occasions are given below for your understanding:***

- >> King Solomon prayed for fulfilment of God's promise to King David, that; one of his descendants will rule Israel always. (1Kings 8: 22-25)
- >> Hannah-mother of Samuel, prayed on the Joyful occasion of her son's birth by proclaiming the wonderful acts of God. (1 Sam 2: 1-10)
- >> David prayed to God for victory over his enemies. (2 Sam22:1-51)

- >> David prayed thanking God, for forgiving his sin. (2 Sam 7: 18-29)
- >> Aron prayed to save the Israelites from death. Hearing his prayer, the angel of death faded and stopped killing them. (Wisdom 18:20-25)
- >> Jeremiah prayed for protection against his enemies. (Jer 32:16-35)
- >> *Jesus prayed to his Father for protecting his disciples & believers from the Satan by claiming the 'Power in the Name Jesus'. (Jh17:9-26)*

Jesus prayed to his Father and said; "I dedicate my disciples by means of truth, for your word is truth." (John 17:17) Thus, Jesus proclaimed that; "God's Words written Bible are truth". When you use Word of God in prayer, your prayer becomes "Alive & Active" by the power that dwells in God's Words. (Jeremiah 23:29) Heaven will be moved by the power that dwells in those Words and God will answer all your prayers.

7. God is pleased when you pray with faith. Faith rules the world of believers in Christ. Without faith, the Church will not exist. God calls for unconditional faith in the prayer we raise, to receive what we ask him in prayer. Jesus said; "If you believe, you will receive whatever you ask in prayer." (Mat 21:22) When ten lepers prayed to Jesus for healing, Jesus did not heal them at once. To test their faith, he said; "Go to your priest & get yourselves examined". **Those lepers obeyed Jesus in faith.**

The lepers knew that they were not healed at the time when Jesus told them to get themselves examined by a priest. Yet, they did not doubt or question Jesus that; why should they get examined, because, they were still not healed? However, they believed that they will be healed and went to the Priest to get themselves examined. On the way to meet the Priest they were healed. (Lk 17:11-19) This is how the unquestionable faith in prayer healed those lepers.

A Roman Officer told Jesus; "His servant is unwell and prayed to Jesus to say a 'word of healing' from where he is, so that his servant at home will be healed, because, he felt that he is not worthy to have Jesus under his roof". He believed the power in Words of Jesus. Jesus sent forth his Word and healed his servant as the officer believed. (Ps 107:20 & Luke 7:1-10) God expects us to have such unconditional faith in prayer. **So, it is very important that we must believe in what we pray.**

Dear believers, there are many examples in Bible. A woman, who was bleeding for twelve years believed that she will be healed if only she touches clothes of Jesus. When she touched his garments with faith, she was healed instantly. (Mark 5:25-34) A blind man who cried to Jesus with faith for eyesight, received sight. (Mk 10:46-52) It is a

*clear message that: Do you believe in what you pray for? Because our Christian life is not by sight, but we live by faith. (2 Cor 5:7) Before raising Lazarus from death, Jesus said to Martha, who could not believe that Jesus can raise her brother to life after four days; Didn't I tell you that you will see God's glory if you believe? And he raised dead Lazarus to life. (Jh 11:40) We are called to repose unconditional faith in prayer. **When you pray you must believe, not doubt.** Whoever doubts is like a wave in the sea that is driven and blown about by wind. A person like that, unable to make up his mind and undecided in all he does, must not think that he will receive anything from God. (James 1:6 - 8)*

8- God is pleased when you intercede for others in your prayer: It is very important that you do not become selfish when you raise prayers and petitions by praying only for your needs. Because:

- > You are praying to a God who is generous & gracious and he will meet all needs, requirements of people through your prayer. (Jam 1:5)
- > You are praying to a God who supplies all requirements of his children from abundance of his wealth through Jesus Christ. (Philippians 4:19)
- > You are praying to a God to whom the whole world & all living beings belongs. He is God who gives wealth to the one he chooses. (Jer 27:5)
- > You are praying to a God who provides all needs of mankind, (Ps 65:9-13) and providers for all needs of our body. (1 Corinthians 6:13)
- > You are praying to a God who cares for us. (1 Pet 5:7) Even lions may go hungry. But those who obey God will lack nothing. (Ps 34:10)
- > You are praying to a God who provides everything to the righteous. He provides to those whom he loves when they are asleep. (Ps 127:2)
- > You are praying to a God who blesses with kindness & honour. He does not refuse anything good for those who are righteous. (Ps 84:11)
- > You are praying to a God who answers the prayer of righteous even before they finish praying. (Is 65:24) For, he does not allow his children to wait for their needs. (Mat 6:26) In his plan, he has already chosen us, (Jh 15:16) and planned for our prosperity / good future. (Jer 29:11)

Yes, God looks in to heart of a person (1 Sam 16:7) who prays selflessly. When you pray selflessly, you bear the nature of Christ who offered his life selflessly as a sacrifice for forgiving sins of people. God loves people who pray for wellbeing of others in spite of their own sufferings. Thus, you do the will of God, which is; "Love your neighbour as you love they self." (Mat 22:39) God tested Job's faith by sending many sufferings. (Job 1:1-22) In his brokenness & distress Job still had concern for his friends and prayed to God for their wellbeing. Hence God blessed second part of Job's life in double measure. (Job 42:7-16)

The message is very loud & clear that; even if you are going through difficult times in life, your prayer should be oriented towards wellbeing of others, because Jesus said; "Love your enemies and pray for those who persecute you so that you may become the sons of your Father in heaven" (Mat 5:44-45) Further, you have to raise prayers & petitions with thanks giving for all people; for Kings & all others who are in authority, that you may live a quiet and peaceful life with all reverence towards God and proper conduct. (1 Tim 2:1-2)

St Paul said; "Pray on every occasion as the Spirit leads. Keep alert and never give-up; pray for all God's people. (Eph 6:18) Be persistent in prayer, giving thanks to God. Pray for all that God may open the door to spread the message about the secrets of Jesus Christ. (Col 4:2-3) "Do not worry about anything, but in all your prayers ask God for what you need, always asking him with a thankful heart. (Phil 4:6) Jesus made his prayers & requests with loud cries and tears to God who could save him from death. Because he was humble and devoted, God heard him. (Heb 5:7) Thus Jesus has set us an example in prayer.

Finally, God tells us: "On your walls, Jerusalem, I have placed sentries. (God has placed mouth in our body) They must be never be silent day or night. They must remind the Lord of his promises and never let him forget them. They must give him no rest until he restores Jerusalem and make it a city the whole world praises. (Is 62:6-7) God conveys that; we must pray every day in the morning and at night. We must pray selflessly and intercede for the whole world for its wellbeing.

9. God is pleased if you remind him of his promises in prayer:

God said; "Man does not live by bread alone, but by every word spoken by God". (Mat 4:4) Yes, we live by life-giving words (Jh 6:63) spoken by Jesus, who is Word of God. (Rev 19:13) For mankind to live life in all its fullness (John 10:10) God made many "Promises and Covenants"

THE COVENANTS THAT GOD MADE WITH HIS PEOPLE FOR THEIR LIFE IN ALL ITS FULLNESS & ETERNAL LIFE

- 1.** A Covenant never to destroy mankind by a flood. (Gen 9:11)
- 2.** A Covenant with Abraham to fill the earth with his descendants. (Gen 17:2)
- 3.** A covenant to give rest to mankind on the seventh day of the week from hard labour which is to be observed as Sabbath. (Ex 31:12-18)
- 4.** A Covenant made with King David for his dynasty to prosper for ever. (Ps 89:19-29 and Ps 132:1-18)
- 5.** A Covenant to give priests to the world through Phinehas for

establishing the Ministry for Good News & Forgiveness of sins. (Num 25:10-13 and Heb 7:15-22)

6. A Covenant to give God's Word and his Power to man. (Is 59: 21)
7. A Covenant to never stop doing good things. (Jer 32:40-44)
8. A Covenant to put God's law in people's heart and to be their God forever. (Jer 31:31-34)
9. A Covenant with Day and Night so that they will come at proper time to give healthy life to mankind. (Jer 33:20)
10. A Covenant to purify mankind by giving a new heart & new mind and take away the stubborn heart of stone and give obedient heart, further, to give prosperity. (Ezkl 36:22-30)
11. A Covenant sealed with blood of sacrifices to deliver people from waterless pit of exile. (Zech 12:9)
12. A Covenant for prosperity and good life. (Is 61:8-9)
13. A Covenant for forgiveness of sins through blood shed, death and resurrection of Christ. (Mat 26:27-28, Lk 22: 19-22 & Jh 20:18-20)
14. A New Covenant which Christ made with people to give eternal blessing- eternal life which God has promised. (Jh 11:25 & Heb 9:15)

Dear believer, you should know the promises of the Lord, remind him on his promises, claim right promise for right occasion (Ps 15:23) through Jesus when you raise prayers and petitions without doubting them. Christ will answer your prayers and grant everything you ask, according to his plan. (Jer 29:11) **You should pray to Jesus, because; he is sitting at the right-hand side of God the Father interceding for his believers.** (Mk 16:19, Lk 22:69, Jh 17:11-26, Acts 2:33, Rom 8:34-35)

"JESUS IS THE FULFILMENT OF GOD'S PROMISES"

In Bible God has given about eight thousand promises for man to live 'life in all its fullness'. (Jh 10:10) Having given so many promises God said; "My Word is like snow and rain that comes down from heaven to water the earth. They make crops grow and provide seeds for sowing & food to eat. So also, will be the Words that I speak. It will not fail to do what I plan for it; it will do everything I send it to do. (Is 55:10-11)

Further, God said; "In your prayer, you should remind the Lord of his promises day and night. You should never let him forget them. You must give him no rest until he restores his promises. (Isaiah 62:6-7) "Jesus being the incarnation of Word himself, (Jh 1:14 and Rev 19:13) he is the fulfilment of all God's promises". That's why St Paul said; "In your prayer, you should claim God's promises in the Name of Jesus, because, Jesus Christ is the 'Yes' for all God's promises. (2 Cor 1: 20)

Further, you should claim God's faithfulness for his promises.

When you remind the Lord of his promises in your prayer the Lord will be highly pleased with such prayer. Because God says; "I take pleasure in doing good things for them and I will establish them permanently in this land." (Jer 32:41) Yes, "Our Lord is faithful to all his promises and merciful in all his acts." (Ps 145:13) He will definitely fulfil all his promises to his children because; "The Lord cannot be false to himself". (2 Tim 2:12-13) It is important that you should pray to Mother Mary who ascended to heaven and is interceding with God the Father for fulfilment of his promises. That is why the RC Church gives importance on meditating Rosary for prayer intentions, because it is very powerful.

11 - God is pleased with those who pray with pure heart, calling for help of Spirit:

Yes, God is pleased with people who pray without mala-fide intentions. He loves people who pray with pure heart like a child. That is why he said; I assure you, unless you change and become like children you will never enter Kingdom of heaven. (Matthew 18: 3)

Yes, without pure heart no one can please God. (Lev 19:1-2 & 1Pet 1:15) God spoke to his people through Joshua and said; "Purify yourself, (your thoughts, intentions & actions) because tomorrow the Lord will perform miracles among you." (Josh 3:5) Prayers raised by a person with sin & wicked intentions will not be answered, for God said; "When you lift hands in prayer, I will not look at you. No matter how much you pray, I will not listen, for your hands are covered with blood. Wash yourself clean. Stop evil that you are doing and learn to do right. (Is 1:15-16) **Yes, for your prayers to be heard in heaven you need to observe purity in your eyes, in your mind, in your heart, in your soul, in your words, in your body, in your spirit and in worship. (Is 58:1-2)**

Yes. You must give up sins which you commit in the following manner:

1. Impurity in eyes: Our eyes are filled with greed, jealousy, envy, pride and lust which makes us to grope in darkness. (Is 59:9-15) Jesus said; "Your eyes are lamp for the body. If your eyes are sound, your body will be full of light. **Be sure that your eyes are filled with light. If your eyes are not good, your body will be in darkness. (Mat 6: 22-23)**

2. Impurity in mind: God said; "People know God. But they do not give honour that belong to him nor do they thank him. Instead, their thoughts have become complete nonsense and their empty minds are filled with darkness. (Rom 1:21) They say that they are wise, but they are fools. Instead of worshipping immortal God, they worship images

made to look like man, animals, birds and reptiles. (Rom 1:22-23) Because they refuse to keep in mind the knowledge about true God, he has given them over to do filthy things their heart desires. They worship and serve what God has created instead of the Creator. They do things that they should not do. Also, they approve of others doing it. **People's mind is filled with all kind of wickedness and they continue to live in evil ways knowing well that they will be condemned for eternal damnation.**" (Rom 1:28-32) Thus people sin in mind & displeases God.

3. Impurity in heart: Jesus said; "People honour God with their lips but their hearts are far away from God". (Mat 15:8-9) Because they do not honour God truly, their hearts have become stubborn. (Ezr 11:19-20) Consequently, their hearts have become evil and unbelieving, which makes them to turn away from true God. (Hebrew 3:12) From such stubborn hearts comes the evil desires which leads them to kill, commit adultery and do immoral things; to rob, lie, and slander others. These are the things that make a person unclean. (Matthew 15:19-20)

People commit seven types of sins in heart as you read below:

i. People do not honour God and love him with all their heart or praise him for all his goodness with whole heart. But God says; Love your God with all your heart, with all your soul, with all your mind and with all your strength, (Mk 12:30) and praise him with loud voice for all his goodness & mercies. (Ezra 3:11, Is 12:6, Zeph 3:14 & Tobit 12:17-20)

ii. People live with pride and arrogance in heart which is displayed in their behaviour. It displeases God, who said; "Humble yourself before God. He will lift you up in his own time. (Jas 4:10 & 1 Pet 5:6) God hates pride and arrogance. (Sirach 10:7-18, Prove 8:13, 11:2 & 16:5)

iii. People are selfish in their heart. They are self-centred in everything they do, there-by they close their eyes for the needs of the poor & needy. But Jesus said; "Love your neighbour as you love thyself," (Matthew 22:39) & "Share your belongings with the poor." (Rom 12:13)

iv. People desire for things that belongs to others in their heart. It is Greed which makes people to desire for things that belongs to others. God said; "Do not desire another man's house; do not desire his wife, his slaves, his cattle, his donkeys, anything he owns." (Exodus 20:17)

v. People harbour anger in heart against friends, siblings, parents, spouse and children which gives birth to hate/rejection and it leads to

enmity & revenge. God said; "Be angry, but do not let sun go down on your anger. Do not let anger to lead you in sin". (Ephesians 4:26) There is no excuse for unjustified anger. It only brings destruction. (Sir 1:22)

vi. People entertain lust in heart. We are supposed to look at fellow beings as our brothers/sisters. Because, Jesus said; if you look at a woman with lust in mind have already committed adultery. (Mat 5:28)

vii. People glorify themselves in their heart on all they do, instead of glorifying God. One may work for the kingdom of God but still, boast himself about his call and his work. Thus, he commits sin. But God says; "Whoever wants to boast must boast of what the Lord has done". (1 Corinthians 1:31) And; "Whether you eat or drink or whatever you do, do everything for the glory of God. (1 Cor 10:31 & 1 Cor 6:19-21)

4. Impurity in words: God has given us the gift of tongue so that we may use it to thank God for everything (Ps 50:14) praise him every day (Tob 12:17-20) and glorify him. (Is 43:7) Words we speak will bring life in others or it can also destroy them. (Prove 11:9) If we use our tongue wrongly, we destroy our own peace (Prove 11:17 & 16:24) and light fire in others life and destroy them. (Jas 3:3-12) **People use their tongue to gossip, talk ill of others, abuse others with filthy language, curse others, judge others, give false evidence, tell lies and betray others. Thus, people commit sin and they remain impure in their words.**

5. Impurity in body: God said; "Surely you know that you are God's temple and that God's Spirit lives in you". (1 Cor 3:16) So; "Be holy in all things you do, just as God who called you is holy." (1 Pet 1:15) God warns people saying; "My temple is not hiding place for robbers." (Jer 7:11) It means; when you commit sin, evil spirits (robbers) abide in your body. Hence God says; do not make my temple as a house of evil spirits. Further he warns; "There are many whose life makes them enemies of Christ. They are going to end up in hell, because their god is their bodily desires. They are proud of what they are to be ashamed of. They think only of things that belongs to this world". (Phil 3: 18-19)

Saying so, God condemns people who indulge in immoral life, such as; adultery, incest, orgy, swapping of spouse, sex with animals, artificial bodily abuse, sexual abuse for pleasure and all kind of bodily abuse such as; drug abuse, drinking and by over eating. Further, God is highly displeased with women who pervert natural use of their sex by unnatural acts and men who give up their natural sexual relation with women and burn with passion for each other. (Rom 1:26-27) **God**

who warns us on physical abuse of body says; "A person who is guilty of sexual immorality commits sin against his own body". (1 Cor 6:18) Thus, people defile body which is temple of the Holy Spirit. (1 Cor 3:16)

6. Impurity in spirit: When Adam & Eve sinned against God, they were sent out of Eden Garden. God decreed that they should not use their own spirit for any spiritual activity. However, the Satan teaches man how to use human spirit for sinful spiritual activities to disobey God. Man learns how to use his spirit to indulge in witchcraft, do black magic and to hypnotise people. Man, also learns to use his own spirit to perform rajah yoga, to communicate with the spirits of dead, and to perform Reiki healing & Pranic healing. Further, by using his spirit man communicates with evil spirits and indulges in satanic worship /pagan worship. Thus, we commit sin in spirit & become impure. (Is 65: 3 -7)

7. Impurity in soul: *Christian's faith is; we believe in 'One God' the Father Almighty who exists in the form of Holy Trinity which comprises of; God the Father, God the Son and God the Holy Spirit. Similarly, man who is created in the image of God (Gen 1:27) also exists in the form of 'human trinity' which comprises; physical body, soul & human spirit'. (1 Thess 5:23, 1 Cor 15:44 & Wis 15:11). Our soul is placed in our body by Jesus when we are conceived in mother's womb and it returns to Jesus after our physical body dies. (Ecc 12:7 & 2 Esdras 7:78) And "Jesus Christ is the keeper of our soul". (1Pet 2:25) It means we belong to Jesus alone. But wicked people indulge in satanic worship, and commit their soul to the Satan by making a promise on their blood.*

Yes, people make covenant with the Satan by cutting hand and, pouring their blood in his chalice and offer their soul to him by making a promise that; 'their soul will belong to him.' They commit their soul to Satan and become his slave for receiving satanic powers and glorify him by doing his work. People who practice witchcraft & black magic, commit their soul to the Satan to receive magical powers. These are the ways how people defile themselves, commit sin against their soul.

8. Impurity in Worship: A believer should bear the following discipline in mind to remain ritually clean to worship the Lord.

> *A believer should not have physical relation with spouse in the early morning between 3 & 7 AM, because, it is the time for worship. (Wis 6:12-21 & Sir 32:14-16) We are called to worship God, pray & intercede for the whole world as the day breaks & the sun rises. (Wis 16:25-28)*

> *"If a believer has emission of semen during the day in intercourse, he and his wife must bathe their whole body. They remain ritually*

unclean and should not enter in worship until evening. (Lev 15:16-18)

- > *After intercourse husband and wife must take bath before they sleep, so that they remain ritually clean for early morning worship or to worship God if he calls them in middle of the night. (Lev 15:18) God said; "Wash your body with clean water to come near me. (Heb 10:22)*
- > *A believer should not sleep in the same bedsheet/linen on which he had intercourse with his spouse. He must change it. (Lev 15:17)*
- > *A believer should use separate set of white dress exclusively for early morning worship. Never worship God in the dress in which you slept.*
- > *A believer should be on knees while worshipping, praying, reading Word of God. Because kneeling demonstrates humility, repentance, submission and supplication. Solomon knelt down before the entire congregation of Israel to pray. (2 Chr 6:13) Daniel worshipped God thrice, every day, kneeling down. (Dan 6:10) Yes, "Every knee will bow before Christ in heaven, and on earth and under the earth". (Phil 2:10)*
- > *God said; "I solemnly promise by all that I am. Everyone will come & kneel before me and vow to be loyal to me and say; only through me, victory & strength are to be found". (i.e., in prayer) (Is 45:23-24)*
- > *A believer should not pray by kneeling and resting over the bed on which he/she sleeps with his/her spouse. Also, you should never keep Holy Bible on the bed you make love with your spouse. You should keep a platform or table to be used exclusively for prayer. (1 Esdras 9:42)*

If you observe above discipline in worship, God will be pleased with your worship. Honour God in this manner to experience his awesome presence in your worship. If you do, you will realise God's Spirit correcting you in all inequities, (Wis 12:1-2) for God's words will be light in your path and his Spirit will guide your feet. (Ps 119:105) God will direct you to walk in the road that pleases him. (Is 30:20-21) His presence will lead you in the road of holiness, (Is 35:1-10) and make you to walk in the roads that you have never travelled. (Is 42:16) The Spirit of Wisdom will be with you in every thought (Wis 6:16) and renew your thoughts, words, actions and the way you worship to cleanse your soul. (Wis 7:27) Your life will be renewed and you will become a new being in Christ. (2 Cor 5:17-19) This spiritual transformation is called as 'Circumcision of Heart' by St Paul. (Col 2:11-12) The Spirit of Wisdom will give understanding on God's will for you and guide you to live by it. (Eph 5:10 &17) You will walk in light of the Lord, (Sir 50:28-29) and become a slave of righteousness. (Rom 6:11-22) But you will always experience Peace which Christ gives in worship. (Wis 6:15) This peace will guide you in the decisions you make, (Col 3:15) and the decisions you make will come from God himself. (Duet 1:17) Thus your life will be transformed to glorify God. (1Cor 6:19-20)

“INVITE THE HOLY SPIRIT WHEN YOU PRAY”

When you pray, you should always pray with good intentions interceding for your family, relatives, friends, society, spiritual leaders, elders in Church, Government officials/authorities and for the whole world. You should not pray only for your selfish needs or for downfall of others. In our flesh we always raise prayer for fulfilment of our needs & desires. We fail to realise that God is our Father and he meets all our needs before we ask, because God is the provider. (Jas 1:17 & Phil 4:19) He does not withhold anything that is good for us. (Ps 84:11 & Rom 8:28) **God wants we should pray for things that please him. In flesh & blood we cannot understand what pleases God. So, we must take help of our helper, the Holy Spirit, (Jh 14:26) who knows what pleases the Lord and what his plans are? If you invite the Holy Spirit in your worship, he will lead you in prayer to make your worship pleasing to the Lord.** St Paul said; “The Holy spirit also comes to help us, weak as we are. For we do not know how we ought to pray; the Spirit himself pleads with God on behalf of his people in accordance to his will.” (Rom 8:26-27) Thus our worship/prayer will be pleasing God.

Therefore, it is very important that you must invite the Holy Spirit in worship. He will help you to worship the Lord in truth and spirit (Jh 4:24) and lead you in prayer, so that your worship will be pleasing to God in Heaven. He will fulfil all your needs even before you pray. (Isaiah 65:24) When the Holy Spirit leads you in worship, you will be able to know ‘Will of the Lord’, what is good and pleasing to him and is perfect. (Romans 12: 1 - 2)

> Has God ever disappointed anyone who hoped in him?

> Has God ever abandoned anyone who held him in constant reverence?

> Has God ever ignored anyone who prayed to him?

God hears prayers raised with Contrite heart and answers prayers from Heavenly Throne!

So, raise your prayer with humble & repentant heart!!

CHAPTER-6

HELP COMES FROM THE HOLY SPIRIT

We have read and understood the answers for the questions on sin & repentance, such as: What is sin? Why do we sin? What is the power of sin? What happens to us after we commit sin? What is the spiritual truth about sin? What is the destiny of sinners? What does God say about sinners? Why we are not able to give-up sin? Why do we sin again and again endlessly? What is impulsive repentance? What is true repentance? Why should we repent? What is God's call for repentance? How to repent? What are the benefits of repentance? Will God forgive my sins? How do we avoid sin? How do we conquer sin? Having repented and given-up all sins how to protect ourselves from the "power of sinful-self" so that we do not become slaves of sin again?

We rely on our strength and capabilities to progress in spiritual life: Dear believer as true follower of Christ you read Bible, listen to sermons in Church, attend retreats, listen to preachers and make many efforts to give up sin. No doubt your efforts are sincere. At the same time, you live in a world, which teaches you to rely on your power and capabilities to achieve your goals. Also, you have been thought by elders, parents, mentors and friends that you should rely on education, knowledge and your capabilities to progress in life. The lessons what you learnt from people around have taken deep root in your sub-conscious mind. Hence, your mind is always oriented to depend on your capabilities. Thus, the attitude of working hard to achieve your desired goals with your own efforts cannot be changed in you. Therefore, you mostly rely on your capabilities to progress further in life. Surely it is a wonderful attitude which one should instil & work to achieve progress.

However, Jesus Christ said; Man's Power (education, strength & capabilities) is no use at all" to fight the Satan. (Jh 6:63)

It is true that relying on our education, knowledge, strength & capabilities is not sufficient to when it comes to our fight against the Satan. That is why we are struggling to make progress in spiritual life.

1. We are struggling to fight against our sinful-self and to get over our sinful desires and weaknesses of the body which are making us to fall in sin repeatedly though we want to reject sin. (Romans 7:15)

2. We are struggling endlessly in this conflict between our soul's desire to remain holy and our body's desire to commit sin. Since we are weak in body (Mat 26:41) we end up doing evil. (Romans 7:16-19)

3. We are struggling in the weaknesses of our body because; the Satan has sown the seed of sin in our body. This seed of sin in our body is waging war with our soul to make us fall in sin. (1Pet 2:11-13)

4. We are struggling against the wicked spiritual forces of heavenly world, the rulers, authorities and cosmic powers of the Dark Age, (Eph 6:12) which are binding our soul with invisible chains (Wis 17:17) and captivating us as refugees & slaves of sin". (Ezkl 12:11-12)

We are not able to win in this struggle because Jesus Christ said
 > "Our body is weak to fight the powers of darkness." (Matthew 26:41)
 >> "Human power is of no use at all to fight the evil power." (Jh 6:63)
 >>> We can do nothing if we separate ourselves from Jesus. (Jh 15:5)
 >>>> "All things are possible for us if we remain united with Christ"
 (Jh 15:4 & Phil 4:13)

We are living in flesh & blood: Dear Believer, God created man in flesh and blood. The Satan had sown the seed of sin (original sin) in human body when Adam & Eve committed sin by disobeying God. Thus, the nature of sin is formed in us and so our body is weak for sin. (Mat 26:41) The sins we commit bind our body & soul with invisible chains (Wis 17:17, Ps 107:10-12) and bring spiritual death in us. (Rom 5:12)

God is aware of our weaknesses. But God has not allowed man to be destroyed by sin, because; God loves mankind with everlasting love. (Jer 31:3) So God sent his only Son Jesus, who was offered as a sacrifice for forgiveness of sins & Salvation. (Jh 3:16) *But death of Jesus on the cross has not brought an end to sin. Because knowing the truth about the destructive power of sin, people still choose to commit sin and invite the Satan in their body & soul. So, God said; people have made my temple (1 Corinthians 3:16) as house of robbers. (Jer 7:11)*

Jesus said; "Man's efforts to fight satanic powers is useless." The above discourse gives a clear understanding that in our flesh and blood we cannot fight evil powers which are luring human beings to commit sin repeatedly. Yes, the evil spirits lure us to commit sin, takes control of our mind and abuses our body by deceiving us to sin again and again. Consequently, he makes us as captivates and refugees for sin. (Ezkl 12:11-12) Knowing our desires & weaknesses for sin and our

helplessness to fight the powers of darkness, Jesus said; "When I go, I will not leave you like orphans. (Jh 14:18) I will ask the Father who will send you a "helper" who will stay with you forever. He is the Spirit who reveals the truth about God. (Jh 14:16-17) The Holy Spirit whom the Father will send in my name will teach you everything. (Jh 14:26) Yes, the Holy Spirit will help in our fight to overcome the power of sin. Without the Spirit, our effort to fight the satanic powers will be useless.

Dear believer, you may be practicing all the spiritual exercises advised in this book and have overcome temptations and given up sins. God is highly pleased with such efforts. But the Satan who is jealous of you remaining free from sin, enjoying joyful life in God's presence, (Wis 2:24) is roaming like a lion to devour you. (1 Pet 5:8) The Satan will come in disguise which you least expect to deceive and make you fall in sin again to captivate you. (2 Cor 11:14-15 & 2 Thes 2:9) That is why Jesus cautioned believers and said; "Be on guard and do not let anyone to deceive you." (Mk 13: 5, 9, 23, 35) Further, Jesus said; "One evil spirit will go out of you and brings seven more evil spirits to tempt you and make you fall gain. It is the return of the evil spirit" (Luke 11:24-26) It is a dangerous situation, because this time if you fall, your life will be in much worse condition than you were before. St Peter said; "It is like a dog which goes back to what it has vomited" and "A pig which has been washed and goes back to roll in the mud". (2 Pet 2:22)

In this Chapter you will understand how "Our Helper; the Holy Spirit" will help you in your struggle against the Satan to get over your sinful-self. (Col 2:11) The Holy Spirit is your comforter, counsellor, teacher, courage, power and strength who will set you free from your sinful-self. (Eph 1:14) He is the "Spirit of Truth" (Jh 16:13) who will help you and will lead you in repentance. (Wis 12:1-2) Also he will protect your freedom from Evil One. (2 Thes 3:3) The Spirit will fill you with grace to overcome temptations, (2 Cor 12:9) and enrich you with power to reject sin in all its forms. (Acts 1:8 & Acts 6:8) Now let us understand the attributes of the Holy Spirit and how he will work in you to protect you from the Evil One and take you safely in to heavenly kingdom, (2 Tim 4:18) after you have repented and given up your sins.

I. THE HOLY SPIRIT IS YOUR COMFORTER

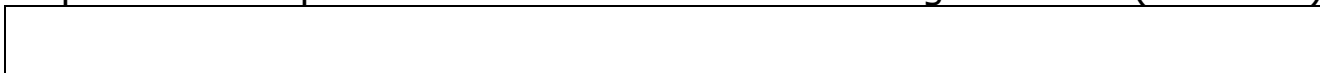
Yes, when you have gone away from righteous path due to glamour/attractions of this world and severed relation with your Father in heaven, you will live in brokenness, depression & distress like how the Prodigal Son lost everything due to sin. (Luke 15:10-30) To

people who live in such awful condition God offers comfort by saying; Sing heavens! Shout for joy earth! Let the mountain burst in to songs! The Lord will comfort his people; he will have pity on his suffering people. (Is 49:13) Further, God says to the people who are in distress because of their sins; "Comfort my people, be comforted". Encourage the people of Jerusalem. Tell them that they have suffered long enough and their sins are forgiven now." (Is 40:1-2) Jesus Christ said to people who are suffering under burden of their sins (Wis 9:15); "Come to me all of you who's soul is heavily burdened by weight of sins, I will comfort you. Take my yoke, put it on you and learn from me, because I am gentle and humble in spirit and you will find comfort. (Mat 11:28 - 29)

The Holy Spirit is your comforter when you have fallen, when you are lost, when you are distressed/broken due to sin. Yes, dear believer, if you are living in this appalling condition, pray to the Spirit to comfort you & to send the spirit of repentance on you, so that you can truly repent and turn away from sins. The Holy Spirit is the one who will lead you in repentance. (Rom 2:4) If you yield for the Spirit & repent, you will experience healing in mind & soul, and enjoy the comfort which Jesus has promised; "Blessed are those who mourn. They will be comforted. (Mat 5:4) The Lord is merciful; he will not reject you for ever. He may bring sorrow, but his love for you is sure & strong. He takes no pleasure in causing you grief or pain. (Lem 3:31-33) The Lord's unfailing love & mercy still continues, fresh as the morning, as sure as sunrise to comfort you. (Lem 3:22-23) Jesus said; the Holy Spirit whom God will send in my name will teach & comfort you, make you remember all that I have told you. (Jh 14:26) But, God warns people; "There is no comfort for sinners who do not repent". (Is 48:22)

II. THE HOLY SPIRIT IS YOUR HELPER

Jesus Christ who knows that we are weak for sin and do not have the power to fight the powers of darkness has not left us alone. He said; when I go, I will not leave you like orphans. (Jh 14:18) He spoke to the heavenly Father, who did send the Holy Spirit to stay with us forever. (Acts 2:1-9) He is the Spirit who will reveal the truth about God. (Jh 14:16-17) The Holy Spirit is our helper who will teach everything and make us remember all teachings of Jesus, (Jh 14:26) so that we become wise and cautious. (Mk 13:9) With the Holy Spirit's help we will not be deceived by evil tricks and lose our privilege of remaining as God's free people. (Bar 4:2-4) Yes, the Holy Spirit is our helper who will protect our freedom from sin & fight for us. (Is 49:25)



But we disregard the Holy Spirit who was given to us by God and who lives in us. (1 Cor 6:19) Consequently, we walk alone in this treacherous sinful world thinking that we can safely sail through in the sea of salvation, least realising that we are like a boat which is caught in the storm. We were capsized and drowned in the sea of sin. But the Holy Spirit who still loves us with everlasting love (Jer 31:3) has not forsaken us because of our sinfulness. He encourages the fallen children. (Heb 13:5) He says, *"Israel do not be afraid, I am with you! I am your God let nothing terrify you. I will make you strong (against Satan) and help you; I will protect you and save you from the power your enemy."* (Is 41:10) Further, the Spirit assures us help, by saying; *"Small and weak you are, Israel, do not be afraid I will help you. I am the holy God of Israel; I am the one who can save you. (Isaiah 41:14)*

The Holy Spirit who is your helper will gently correct you in your ways, as King Solomon said; Your Immortal Spirit (Holy Spirit) is in every one of them who gently correct those who sin against you. You remind them of what they are doing and warn them about it, so that they would abandon their evil ways and put trust in you, O Lord. (Wis 12:1-2) *Here, you understand that the Holy Spirit gently corrects your sinful ways and helps you to turn away from sin and walk in the path of holiness. (Is 35:1-10).* *This is how your helper; the Holy Spirit will convict you on your faults and lead you in repentance. (Rom 2:4) No one other than the Holy Spirit will give you such spiritual help to purify your soul so that you do not lose the promised eternal life. (Jh 11:25) The Holy Spirit comes to help us because; "The goodness of the Lord and his glorious presence are with all Israel, forever". (1 Esdras 5:61)*

III. THE HOLY SPIRIT IS YOUR TEACHER

The Holy Spirit will teach you the path you should follow and reveal your duty through God's words, as you read in the Bible, where God says; *"The Holy Spirit will make you to go through hard times. But, he himself will be there to teach you. And, you will not have to search for him anymore. If you wander off the road to the right or to the left, you will hear his voice from behind you saying; "Here is the road. Follow it". (Is 30 20-21)* Also the Spirit will teach you secrets of Kingdom of heaven and help you to understand the purpose of creation. (Is 43:7 & 1 Cor 6:19-20) St Paul said; "It was to us that the Spirit has made known God's secrets. The Spirit teaches everything, even the hidden depths of God's purposes. (1Cor 2:10) Further, the Spirit will teach you how to discern on God's plan for you (Jer 29:11, 1 Tim 1:4) and reveal God's eternal plan to convince you on the trials/tribulations you are going through to be a part of God's eternal plan. (Eph 1:7-11)

The Spirit teaches the purpose of our existence as given below:

> "Your body is God's temple where the Holy Spirit lives". (1 Cor 3:16)
 >> "You have been created with a purpose; God said, they are my people. I created them to bring me glory, (Is 43:7) and honour me for all time for their good & for the good of their descendants." (Jer 32:18)
 >>> "Your body is the temple of Holy Spirit, who lives in you and who was given to you by God. You have been purchased from the slavery of sin by paying a price. (Blood of Jesus) You do not belong to yourself. So, you are called to glorify God's Spirit in your body." (1 Cor 6:19-20)
 >>>> "The Holy Spirit teaches hidden secrets of God's plan. It is 'rich & glorious secret', which he has kept for you. The secret is "Christ is in you, which means; you will share in the glory of God." (Col 1:27)
 >>>>> "The Holy Spirit is the key who opens your mind and teaches hidden treasures of God's wisdom and knowledge." (Colossians 2:2-3)
Yes, the Spirit's teachings come from the heavenly throne. (Micah 4:2)

These are some spiritual truths that the Holy Spirit teaches you.

You will come to know many more truths, if you read Bible daily in the morning between 3 & 6 AM. The underlying purpose of all his teachings is, the Spirit wants to reveal you that; ***"You are precious in the eyes of God" (Is 43:4-5) and "hence, you should turn away from sinful life, remain holy, so that God can use you as his instrument in the work for salvation". (2 Tim 2:21) Yes, the Holy Spirit teaches; "the purpose of your existence and makes you realise the value of human life on earth."***

IV. THE HOLY SPIRIT IS YOUR COUNSELLOR

God says; because people sin, they are blind for the light and grope in darkness (Is 59: 9-11) And Jesus said; "The light has come in to the world but people love darkness than light because their deeds are evil." (Jh 3:19) To such people the Spirit says; "I will lead my blind people by the roads that they have never travelled. I will turn their darkness in to light and make the rough country road smooth before them. These are my promises. I will keep them without fail." (Is 42:16)

You stumble in path of salvation, for you live in sin. Darkness surrounds and you get lost; Not knowing where to go? How to go? What to do? & How to do? You grope in darkness. (Is 59:9-11) Fear grips & makes you to fall in faith. (Wis 17:12) The Satan creates this situation to deceive you in faith. In such situations the Spirit will counsel you for God says; "the Spirit will make you to go through hard times but he will be there to teach you. You will not have to search for him anymore. If you wander off the road to the right or to the left you will hear his voice behind you saying; Here is the road. Follow it". (Isaiah 30:20-21)

However, dear believer, if you turn away from sin the world will turn against you, for Jesus said; I have not come for peace but I have come to bring division. (Mat 10:34) It means; if you obey word of God, (Lk 11:27-28) and live by the Spirit, giving up the sinful ways, (Rom 8:1-13) people around you who are still living by standards of this world, those who have not rejected sin will be against you as explained below:

Example-1: In a family which is engaged in sale of liquor traditionally, if the youngest son who is touched by the words of Jesus gives up his association in liquor business, the whole family will turn against him because; the legacy of family and the family business cannot be carried forward. Also, income for the family will suffer to that extent because of him. Therefore, by obeying Jesus Christ, the younger son has earned hostility of the family and consequently there is a division in the family.

Example-2: If a sex worker in a brothel, having touched by words of Jesus Christ gives up prostitution to live a righteous life, the owner of brothel will turn against the woman because he will lose income, if she gives up the profession. Now there is a division between them.

Example-3: Similarly, if a person in a group of smugglers gives up his association in smuggling because he was touched by the words of Jesus Christ and wants to live righteous life, there will be division and commotion in the smugglers' group. They may even kill this person out of fear that he may divulge certain information on the underground business & activities to authorities. Thus, there is division among them.

In the above examples we understand that; a person who obeys God and gives up sin will go through lot of uncertainty in life because he/she has chosen righteous path. **The Satan will not like you to turn away from sin. When you give-up sin he will fight against you through your family members or your associates.** Thus, words of Jesus prove right. He said; "I have come to set sons against fathers, daughters against mothers, and daughter-in-law against the mother-in-law. A man's worst enemy is the members of his own family. (Mat 10:35-36)

Dear believer, if you turn away from sin everyone around you will become hostile. But the Holy Spirit will not abandon you, for he said; "I will never leave you nor will I forsake you." (Heb 13:5) He assures; "I will hold you by my victorious hand", (Is 51:16) counsel you and to lead you. During such difficult time, the sun will not be your light in the day nor the moon be light at the night. The Holy Spirit himself will be your eternal light. The light of Spirit will shine on you and lead you in difficult path. Your grief will come to an end. (Is 60:19)

Yes, the light of Spirit's glory will shine on you to counsel you, if you hold on to him in all your troubles & tribulations and continue to worship him early in the morning before sunrise. Yes, the Spirit will be looking for those who worship him before sunrise to guide & counsel them and give peace, for his words says; *"As for you, Christ has poured his Spirit on you. So long as the Spirit remains in you, you do not need any one to teach (counsel) you. For his Spirit teaches (counsels) you in everything. What he teaches (counsels) is true and not false. Obey the Spirit & remain in union with Jesus Christ. (1 Jh 2:27)*

In your difficult time, in the deepest darkest hour the Holy Spirit will lead you in the path you that should go & he will be your shepherd to protect you. (Ps 23:4) Also he will counsel you in the decisions you make, for he said; "The peace that the Spirit gives you will guide you and counsel you in the decision you make, for it is to this peace God has called you to gather in one body." (Colossians 3:15) You do not have to fear anyone for your decision, "for the decision what you make in such crucial times in prayer will come from the Lord himself". (Duet 1:17) Yes believers, Jesus said; against sin if you are arrested and handed over to authorities, do not worry about what to speak. The Holy Spirit will counsel you and teach you what you are supposed to speak. And the words you speak will come from the Lord himself. (Mark 13:11)

This is how the Holy Spirit will counsel you in this sinful world when you are lost, when you do not know what to do? How to do? Where to go? How to go? And, how to live this life? Yes, he will counsel you in your personal life, spiritual life, marital life, professional life, in your relation with spouse and with the world, to lead you in the path of holiness. (Isaiah 35:1-10) He will be with you in every thought, (Prov 2:10-12) to counsel you in your decisions so that you do not fault in your ways. He will counsel you to reveal Lord's will for you, (Eph 5:10 &17) what is good & is pleasing to God and what is perfect. (Rom 12:2)

V. THE HOLY SPIRIT GIVES YOU COURAGE

When you commit sin, you lose courage and hence you fear to face truth. The Bible says; "Jesus Christ is the truth". (Jh 8:32) That's why after committing sin Adam & Eve hid behind the trees, because they lost courage to face God and come in to his presence. (Gen 3:6-13) Therefore God said; "People will hide in caves, in rocky hills or dig holes in the ground and try to escape from Lord's anger. **Because of their sins, in fear, they will try to hide from God when he comes in glory to shake the earth. (Is 2:19) Our sins instil fear in us & we lose courage.**

But the Holy Spirit gives us courage to reject sin in all its forms.

Suppose a person is living in prostitution or drug trade or any other illegal/unlawful activities, which is the only source of livelihood, now, if that person has been touched by word of God and has realised his/her sins and has truly repented for them, the Holy Spirit will give him/her courage to willingly give up the sinful life, in spite of he/she knowing that he/she will lose livelihood. The Holy Spirit will also give him/her courage to confess all sins and receive absolution. **Further the Holy Spirit will provide him/her an alternate source of livelihood, because God is the provider for the body, (1Cor 6:13) and from the abundance of his wealth he will richly provide all his/her needs. (Phil 4:19) Though the income which he/she earns now may not be as much he/she earned in the past sinful manner; the Holy Spirit will give contentment to them.**

The Holy Spirit gives courage to acknowledge our sins and turn away from them:

The Spirit will give courage to people who are living in grievous sins for a long period, to turn away from their bondages, to acknowledge them before God and confess them to get absolved. **In Bible there are many examples where the Spirit gave courage to people who were living in sin to acknowledge them openly.** Further, the Holy Spirit gives courage to those who are imprisoned and being treated as slaves to fight against injustice, oppression, slavery and discrimination.

Example – 1: In the Gospel we read; the Holy Spirit gave courage to Zacchaeus to acknowledge his sins openly and repent for them before Jesus & a big crowd. Jesus forgave his sins & said; “Salvation has come to his house for he is also a descendent of Abraham”. (Luke 19:1 - 10)

Example - 2: While Jesus was hanging on the cross, one of the two criminals who were also crucified along with Jesus received courage from the Spirit to acknowledge his sin openly, repented and asked for Christ’s mercy. Jesus immediately forgave his sins and said to him; “I promise you that today you will be in Paradise with me.” (Lk 23:39-43)

Example – 3: While Jesus was having supper at the home of Simon the Pharisee, a woman came to Jesus and openly acknowledged her sins by crying and rinsing his feet with her tears and wiped it with her hair. She could acknowledge her sins openly in front of large crowd, because, the Holy Spirit gave her courage. Seeing her brokenness and how she humbled herself in repentance Jesus forgave her sins and said to her; women your faith has saved you; go in peace”. (Luke 7:36-50)

Example - 4: In the book Esther we read the Jews were minority in the kingdom of Zerxes. They were threatened by the Prime Minister

Haman to be killed. But the Jews fasted three days & three nights and prayed for God's help. The help came from above. God sent his Spirit upon them. They were filled with courage to fight the army of Haman, won the battle. Thus, the Holy Spirit delivered them from their slavery.

The Spirit gives courage to proclaim Gospel against all threats:

The Holy Spirit will give you courage to proclaim Gospel to the world and witness Christ against all threats, dangers, persecution and death. *You read in the book Acts that; the disciples were living in fear after death of Jesus. They received the Holy Spirit on the day of Pentecost and were filled with courage. They came out in open to proclaim Good News and witness Christ. Also, the Spirit gave them courage to face persecution and death to witness Christ to the ends of the world. (Acts 1:8) Yes, he will give you courage to acknowledge your sins & confess them. And he will give you conviction & courage to turn away from sin. Also, the Holy Spirit will give you courage to proclaim Gospel to the ends of the world against persecution & witness Christ in face of death.*

VI. THE HOLY SPIRIT GIVES YOU FREEDOM

God said: "Freedom is what you have - Christ has set you free!"

Stand then as free people and do not allow your freedom to make you slaves again. (Gal 5:1&13) But, people of the world are gradually and steadily losing their freedom. *Now let us understand how people lose their freedom due to weakness, sinful desires & modern developments.*

- >> We are losing freedom in speech and freedom in action, because of political slavery.
- >> We have lost freedom of privacy, because we are being monitored continually by surveillance cameras and artificial intelligence.
- >> We have lost freedom in our movement, because we are being continuously tracked by our mobile phone location.
- >> We have lost our financial freedom, because all our transactions are being monitored through our bank account, and different apps.
- >> We have lost freedom in eyes because we are bonded to mobile phone /internet /TV/ electronic gadgets for entertainments.
- >> We have lost freedom to enjoy true love in marriage due to adultery, illicit/incest relation, divorce, pornography, orgy and sex toys.
- >> We have lost freedom in our heart & mind because we are slaves for sexual perversion, sexual abuse and self-abuse.
- >> We have lost freedom to express love by sharing our belongings with the poor/needy because of greed & selfish desires. (Eph 5:3-5)
- >> We have lost freedom to eat food to heart content, because our sins have brought diseases which do not allow to enjoy food. (Is 55:2)

>> We have lost freedom in mind to meditate on word of God because our mind is always occupied with desire to earn more money and to enjoy comforts, luxuries & pleasures of this world. When more money comes, more worries hunt our mind and brings sorrows. (1 Tim 6:10)

>> We have lost freedom in body, mind & soul. Because our sins have bound us with invisible chains. So, we lost freedom. (Wis 17:17 & Ps 107:10-12) Our sins have made us captives/refugees. (Ezkl 12:11-12)

>> We have lost for freedom in worship, because we honour the material things of the world above Christ. Further, we worship idols /living beings that are created instead of the Creator. (Rom 1:21-28) Thus, we have lost freedom to worship God in 'truth & spirit'. (Jh 4:24)

If you repent and confess your sins in the Sacrament of Confession, the anointment of the Holy Spirit which you will receive in the Sacrament of Confession will set you free from the invisible chains that are binding you. (Nah 1:12-13) You will be set free because, God has guaranteed this freedom through his covenant. He said; Because of my Covenant with you that is sealed with blood of sacrifice, I will set you free from the waterless pit of exile. (Zechariah 9 :11-12)

God the Father fulfilled this Covenant for 'freedom from sin' through blood of Jesus which was poured out for forgiveness of sins of many on the Mt Calvary. (Mat 26:27-28) Yes, by death and resurrection of Jesus the bondage in sin was broken and you are set free. In union with Jesus and through your faith in him, you have freedom to live in God's presence. (Eph 3:12) God has brought you into union with Jesus. God has made Christ to be your wisdom. By him, you are put right with God. You become God's holy people and you are set free. (1 Cor 1:30)

Thus, the Holy Spirit will give freedom and deliver you, if you repent & turn away from sin and confess them in the Sacrament of Confession. Wherever the Holy Spirit is present, there is freedom from all evil bondages. (2 Cor 3:17) Yes, the Holy Spirit is the guarantee that you shall receive what God has promised his people, and this assures that God will give complete freedom to those who are his." (Eph 1:14) Yes, the Holy Spirit will give you freedom from all your weaknesses, sinful desires and sinful bondages if you seek for his help.

VII. THE HOLY SPIRIT PRODUCES ENDURANCE

Having set free from the slavery of sin you will experience freedom in mind, body & soul. Such wonderful spiritual encounter will happen because, the Holy Spirit fills you with fruits of the Spirit which enriches you with grace, power & spiritual strength to overcome

temptations and reject sin. (Acts 3:19-20) Now, the Satan whom you have rejected will not allow you to remain at peace. He will continue to trouble you by giving spiritual sufferings, physical pains and mental torment. Also, he will inflict satanic deceases on you which will not respond to medicine. Satanic deceases can be healed only by fasting & prayer and by meditating on God's Words. (Wis16:12) Further, your spouse, children, relatives & friends will be hostile to you. You will experience such troubles because you have rejected Satan who rules the world. (Jh 14:30) **Yes, the world is under the power of Satan. (Gal 3:22) So, if you reject the Satan & turn away from sin, he will attack you through your loved ones to make you fall again, as explained here:**

>> You must not forget the words of Jesus on what he said about your troubles. Jesus said; "Men will hand over their own brothers to be put death and fathers will do the same to their children; children will turn against their parents and have them put to death. (Mat 10:21) Because you are with me your own people will be against you." (Matthew 10:22)
>> "Happy are you when people hate you, insult you and say all evil things because of Son of Man! Be glad when that happens & dance with joy, because a great reward is kept for you in heaven." (Luke 6:22-23)
>> "The world will deliver you to tribulations and kill you. And you will be hated by all nations because of my name. (Jesus) (Matthew 24: 9)
>> "Further Jesus said; I have not come to bring peace, but sword. I have not come to bring peace between the righteous and the wicked, but to bring division. Fathers will be against sons and mothers against daughters. Father-in-laws will be against sons-in-law, mothers-in-law will be against daughter-in-law, and brothers against sisters. A man's worst enemy will be the members of his own family. (Mat 10: 34 - 36)

Such awful things will happen to you if you turn away from sin or if you turn away from a group of people who live in sin. And such sufferings/troubles will increase not only with-in family, but also in Church where people will form in to groups and inflict troubles upon each other. (Gal 5:20) Outside the Church people who do not believe in Jesus will inflict sufferings and persecute believers because of their faith in Jesus Christ. Such sufferings will increase at the end of days during the final tribulation when the awful hour begins. (Mat 24:15-28)

From the above you understand that: "If your turn away from sin the world will turn against you, because; the whole world is under the power of sin." (Gal 3:22-23) It is the very same thing that happened to Jesus who came to witness truth and guided people to walk in light. (Jh 18:37) However, the people whom he loved the most turned against

him, because they could not accept truth. They loved deeds of darkness and chose to remain in darkness, rather than light. (Jh 3:19) But, it did not discourage Jesus Christ. He was steadfast in doing his Father's will.

Though Jesus was Son of God, he lived in the nature of a human being. Hence, he had emotions of an ordinary man. He went through great pain and suffering when people whom he loved the most rejected him and handed him over to be crucified. The anguish and pain that Christ suffered in the Garden-Gethsemane cannot be explained in words. But, an angel of the Lord came to comfort him, filled him grace & power to endure suffering. (Lk 22:41-44) This grace filled Christ with courage, conviction & strength to take up cross to fulfil his Father's will.

Discernment: *In the Garden-Gethsemane the Holy Spirit filled Jesus with grace which gave him courage & conviction to die on the cross to accomplish his Father's will. Dear believer, if you are suffering because you have turned away from sin and rejected the Satan in all its forms, the Holy Spirit will descend upon you and fill you with 'abundance of Grace' to endure sufferings in this righteous path. The Holy Spirit will fill you with courage, conviction & confidence and encourage you to progress in spiritual life against all trials & tribulations. You will endure sufferings gladly, yet progress in your mission to accomplish God's will which is to witness Jesus to the ends of the earth for which you have been called! (Acts 1:8) (References on endurance are quoted here to gain understanding: 1 Pet 4:12-14, Rom 15:3-6, 1 Cor 4:11-12, 2 Cor 6:4-11, Heb 10:32-36, Heb 12:4-7, 2 Tim 1:12-14 and 2 Tim 2:9-10)*

VIII. THE HOLY SPIRIT PRODUCES FAITHFULNESS IN YOU

People are faithful to men & God so long everything goes well in life. When life do not go well for them, people become unfaithful. They turn away in relation, friendship and in worst case they become enemies & fight. (Jas 4:1-10) Nowadays we see people do not hesitate to give-up faith in God if things do not go well. **People are giving-up faith in R C Church and turning to other group of worshippers because, they did not find favour of God (or) they are not convinced in the form of worship in the RC Church. Such awful thing is happening because the Satan the liar (Jh 8:44) is going around deceiving people to turn away from true worship. (1 Pet 5:8) Thus, they are deceived in faith (2 Cor 11:14-15) and their empty minds are filled with darkness. (Rom 1:21) So, they are blind for the truth in 'Earthly Worship' offered in the form of Holy Mass in RC Church which is copy of "Heavenly Worship". (Heb 8:1-5) The evil god of this world (2 Cor 4:4) have blinded them for the truth in "Holy Mass" which is the "True Sacrifice" (Heb 9: 8-28)**

Further we see that people change their faith in Living God to other form of religion and worship heavenly bodies, 'human beings, idols made by man, and living creatures which were created by the Creator. (Dut 4:16-19 & Rom 1:23) They also indulge in occult, satanic worship and offer sacrifices on pagan's altar. (2 Chr 33:4-25) Because people give-up faith in the Almighty God, he warned them saying: "Be careful that no one among you has a heart so evil and unbelieving that he will turn away from the living God." (Heb 3:12) There is only one body and one Spirit, just as, there is one hope to which God has called you. There is one Lord, one faith and one baptism. There is one God the Father of all mankind who is the Lord of all, works through all and is in all." (Gal 1:6-9 & Eph 4:6) **Thus, Christ warns us against idolatry.**

Dear believer, are you also contemplating to give up faith in the R C Church? Do you want to switch over to other sect of worshipers? Are you contemplating to change over your faith to indulge in any other form of worship due to sufferings that has come upon you because; 'you have given up sinful ways of living'? Or, 'you did not find God's favour in worship'? Or 'you did not receive blessings you expected'? In these situations, never lose the sight on what God has spoken. He said;

> "Blessing is what God promised you when he called you." (1 Pet 3:9)
 >> "God does not refuse his blessings to righteous people". (Ps 84:11)
 >>> "By my great mighty power, I created this world, mankind & all animals that live on earth. And I give wealth to any one whom I choose. (Jer 27:5) And you are the Chosen one to receive blessings. (Jh 15:16)
 >>>> "I will make an eternal covenant with them. I will never stop doing good things to them. I will take pleasure in doing good things for them & I will establish them permanently in this land." (Jer 32:40-41)
 >>>>> "They will be famous among nations. Everyone who sees them will know that they are the people whom I have blessed". (Isaiah 61:9)
 >>>>>> "God has promised you propriety & good future. Therefore, he will remain faithful and bless you according to his plan". (Jer 29:11)
 >>>>>>> God is faithful to all his promises & merciful in all his acts. (Ps 145:13) God is faithful and cannot be false to himself. (2 Tim 2:13)

In spite of God's promises for blessings & good life, if you are undergoing trials & tribulations, or any kind of difficulty, financial crises, loss in business, problems in family life, problems with relatives, chronic sickness, insults, pain, or any kind of sufferings which cannot be openly expressed, then the purpose of such sufferings could be that; **"God is testing your faith, to see; how genuine it is? "Like gold which is tested in fire for its purity, your faith which much more precious than gold must also be put test so that your faith may endure."** (1Pet1:6-8)

BIBLE REVEALS HOW GOD TESTED PEOPLE'S FAITH

1. God blessed Job with wealth and happy life. But God permitted Satan to destroy his wealth, health & family to test his faith. (Job 1:6-12 & 2:1-10) In spite of all trials and tribulations, Job remained faithful to God. He endured all sufferings with his mind focused on God. God was highly pleased with his faithfulness and blessed the last part of his life even more than what he with blessed the first part. (Job 42:1 - 6)

2: God blessed Daniel with wisdom and made him head of all the royal advisors in the King's Court. But God tested his faith. Daniel was ordered by the King to worship the King only, instead of Living God. Since Daniel had resolute faith in living God, he refused to worship the King. Hence, he was thrown in lion's den. Because Daniel did not give up faith, God was with him in lion's den and did not allow the lions to harm Daniel. The King was amazed with his faith, acknowledged the living God & gave Daniel higher position in his ministry. (Dan 6: 1-28)

3: God Blessed Shadrach, Meshach and Abednego. They were made in charge of affairs in Babylon under King Darius. But God tested their faith. The King ordered them to worship a golden statue instead of the living God. Since they refused to worship the golden statue, were thrown in fierce fire. However, seeing their resolute faith, God sent an angel to preserve them from fire. On seeing the angle of the Lord dancing with them in the fire the King was surprised. He pulled them out, and promoted them to higher position in his Ministry. (Dan3:8-30)

In all above instances, at times of trials & tribulations, people displayed their resolute faith. The Holy Spirit filled them with his fruit "faithfulness" because; they were very regular in worship and honoured God in everything. Finally, they honoured God above their own life. This fruit "faithfulness" made them never to give-up faith in the living God even at the point of death. Dear believer, if you are not firm in faith, if you are not determined and confident in your faith (Josh 1:9) you will be like a boat caught in sea tossed around by wind. (Jas 1:6) A person wavering in faith cannot expect anything from the Lord. (James 1:7-8) At the same time, you should be shrewd to watch out for people who will deceive you in faith. (Mark 13: 5, 9, & Rom 16:17)

Without faith, you cannot please God. (Heb 11:6) By reposing faith in God & in one Gospel you become righteous. (Rom 3:28) Pray to the Holy Spirit for this fruit faithfulness. He will give this fruit 'faithfulness' generously & graciously. (Jas 1:5) A person who is put right with God

through faith shall live". (Rom 1:17) Abraham was called as righteous because he believed in God who promised him a Child. (Rom 4:13) Abraham was very old to raise child, yet he believed. Because Abraham believed God raised a generation (Israel) through him. (Gen 18:1-19)

IX. THE HOLY SPIRIT GIVES YOU "HOPE" WHEN YOU ARE LOST

Dear believer, in spiritual life God will put you to many tests.

You know that the road to heaven is full of thorns, bushes and rocks. Jesus said; "It is narrow road, not many will pass through it". (Mat 7:13-14) Yes, the more you come near to God you will go through more temptations, trials and tribulations. Without pain & suffering there is no forgiveness. (Is 53:4-5) And without bloodshed & sacrifice there is no Salvation. (Rom 3:24-25) If your turn away from sinful life the Satan will cause many troubles to make you fall in faith and God will also permit such trials to test your faithfulness, your firmness in faith and endurance like how God permitted the Satan to test Job. (Job 1:1-12) King David also suffered when God tested him. (Ps 66:10-12, 69:6-12)

It gives us the following discernment: If you turn away from sin in true repentance and travel in the path of holiness/Salvation, you will encounter many troubles, sufferings, insults, pain & persecution. God will permit all such trials to test your patience, endurance in faith and hope in the Lord. **For God said; Faith which is firm is also patience. (Is 28:16) And if your faith does not endure you will not endure. (Is 7:9)**

To a person who is going through such rigorous tests, St Peter says; "Let us thank God and Father of our Lord Jesus Christ. Because of his great mercy, he gave us new life by raising Christ from death". This fills you with the living hope and so you look forward to possess the rich blessings that God has kept for you," (1 Peter 1:3-5) because, "blessing" is what God promised when he called you. (1 Peter 3:9) Everything written in Scripture was to teach you, in order that you might have hope through patience and encouragement which the Scriptures gives you. (Romans 15:4) When Christ was insulted, he did not answer back with insult; when Christ suffered, he did not threaten, but placed his hope in God who is the righteous Judge." (1Peter 2:23)

Are you struggling in your fight against sin? Dear believer, are you going through hopeless situation in your fight against the powers of darkness? Are you struggling in your fight against your weaknesses & sinful desires, which are sinking you deep & deep in sin? Pray to the Holy Spirit to revive your faith & hope. Abraham believed and hoped in

the Lord, even though there was no reason for him to hope. Thus, by believing & hoping in the Lord, he pleased God and became father of nations. (Rom 4:18) Peter felt unworthy of his call due to his sinfulness and said to Jesus; go away from me Lord, for I am a sinful man' for he could not hope in salvation offered by Jesus Christ. (Lk 5:8) Once again we understand that; while walking on water Peter could not place hope in words of Jesus, who said; "come and walk with me on water." Hence Peter sank in the water and cried to Jesus; "Lord I am sinking". Then Jesus held out his hand and grabbed Peter from sinking & rebuked him. He said; "Man of little faith"! Why did you doubt? (Matthew 14:22-32)

But Jesus had hope in Peter and he was faithful to his promise; "Peter, you are a rock. I will build my Church on you and gates of hell will have no power over it". (Mat 16:18-19) Jesus fulfilled this promise, on the day of Pentecost by sending the Holy Spirit who filled Peter with his fruits and enriched him in faith & hope. **This hope encouraged Peter to proclaim Good News (Acts 2:14-42) and witness Jesus against persecution & death.** Dear believer, are you losing your battle against the power of sin? Have you lost all hope that you cannot retrieve your soul from the power of sinful self? (2 Tim 3:1-7) In your fight against your sinful-self, if you are sinking deep in sin like how Peter sank in water, do not lose hope! Because the Lord has not lost hope in you. Pray to the Holy Spirit who will fill you with the fruits of the Spirit 'faith & hope'. This hope will renew your spirit and give victory in your battle (Is 40:29-31) for the battle belongs to the Lord. (2 Chr 20:15) The Lord himself will fight for you and give victory. (Ex 14:14) Jesus said; only believe. (Mk 9:23) The Lord is faithful to his promises. (Ps 145:13) If you trust in the Lord, you will not be disappointed. (Romans 10:11)

In spiritual life you may have fallen and reeling in distress due to your sins. But God will not abandon you, for he said; "I will not leave you, nor will I forsake you." (Heb 13:5) Yes, for a brief moment God may have rejected you; but with great compassion he will gather you. (Is 54:7) Yes, God is merciful and will not reject you for ever. He may bring sorrow when he puts you to test, but his love is strong and sure. He will not take pleasure in causing you grief/pain (Lam 3:31-33)

Dear believer, if you are enduring persecution, sufferings, insults and troubles because you have given up sin, the Holy Spirit will fill you with hope, which will encourage you to bear witness for Christ through such sufferings. Christ has brought you by faith in to this experience of God's grace in which you live. So, you boast of your hope which the Spirit produces. You also boast of your troubles,

because you know troubles produce endurance, endurance brings God's approval & his approval creates hope. This Hope, which is result of troubles do not disappoint you for God has poured out his love into your heart by means of the Holy Spirit who is God's gift. (Rom 5: 2-5)

X. THE HOLY SPIRIT FILLS YOU WITH "GRACE" TO REMAIN FIRM & RIGHTEOUS

By the gift of God's grace, you are put right with Christ: Grace is the spiritual power which the Holy Spirit gives to believers who endure trials/tribulations. We understand this spiritual truth from bible. *When St Paul was going through painful physical ailment, he prayed to God for healing. God did not heal him, instead he filled him with grace which made Paul to say; "I am most happy then, to be proud of my sufferings in order to feel protection of Christ over me. I am contented with insults weaknesses, hardships, persecutions & difficulties for Christ's sake. For when I am weak, I am strong."* (2 Cor 12:9-10) God's grace gives spiritual strength (Acts 3:19-20) which helps us to remain firm in truth which we have learnt through our sufferings. God teaches man spiritual truths through sufferings & uses distress to his open eyes. (Job 36:15)

Further, "God's grace gives you courage to live by the faith what you profess". (Jas 1:22-23) We understand this truth from life of St Stephen who was filled with God's grace which gave him courage to profess his faith when he was stoned to death. At the time of death, God's grace gave him courage & conviction to pray for forgiveness of his persecutors. (Acts 7:54-60) *St Paul says; "It is by God's grace you have been saved through faith. It is not by the result of your own efforts, but it is God's gift. So, no one can boast about it".* (Eph 2:8-9) Further he said; "While you were spiritually dead in disobedience, God brought you to life in union with Christ. It is by God's grace that you have been saved". (Eph 2:5 & Col 2:13-14) Yes, dear believer, by the free gift of God's grace you are put right with him through Christ who sets you free from the power of sinful-self. (Rom 3:24 & Col 2:11-12)

Grace that the Holy Spirit produces is even stronger, so that you do not abandon the truth and return to your old sinful life. The human spirit in you is filled with fierce desires. But 'grace' given to you by the Holy Spirit is even stronger. (Jas 4:5-6) *In union with Christ, God has raised you up with him to rule with him in the heavenly world. He did this to demonstrate for all time to come, the extraordinary greatness of his grace in the love he showed you through Jesus. (Eph 2:6-7) God of all graces who called you to his eternal glory in Christ will himself perfect you, give firmness, strength and sure foundation. (1 Pet 5:10)*

God who puts you to test also fill you with Grace: *Dear believer, you may go through many struggles in your fight against Satan to protect your freedom from sins of the world and your sinful-self. These struggles will be very disturbing, discouraging & demanding in spiritual life. The trials & tribulations that come across in spiritual life will make you so afraid that you will think that you cannot continue the spiritual life any more. It may seem that you are about to give-up in your fight against sin. But God will fill you with his grace and lead you in this difficult path, for he said; "I will lead my blind people through the roads that they never travelled. I will turn their darkness in to light and make the rough country roads smooth before them. These are my promises and I will keep them without fail". (Is 42:16) In spiritual life the difficulties and struggle will be tormenting and God will put you to test with his requirements until he trust you completely. Then he will come to you without delay, reveal his secrets and make you happy. (Sir 4:17)*

Further, God says; "My son, if you are going to serve the Lord, be prepared for times when you will be put to test. Be sincere and confident. Keep calm when trouble comes. Stay with the Lord, never abandon him and you will be prosperous at the end of your days. Accept whatever happens and be patient even if you have to go through humiliation. Gold is tested by fire and human character is tested in the furnace of humiliation. Trust in the Lord and he will help you. Walk straight in his ways and put your hope in him. (Sir 2:1-6) When Joshua was made as the leader to lead the Israelites, God anointed him & filled him with grace. He said to Joshua; "Be determined & confident for you will be the leader for the Israelites when they occupy the land which I promised their ancestors. Knowing Joshua has to face tribulations and trials ahead, God filled Joshua with abundance of grace to strengthen him so that Joshua can successfully lead the Israelites. (Joshua 1:1-9)

From the wealth of God's Glory, the Holy Spirit will fill you with abundance of Grace: God who has put you to such hard test will not abandon you in your sufferings. For he said; "I will not leave you like orphans," (Jh 4:18) and "I will never forsake you." (Heb 13:5) Yes, out of everlasting love for you, (Jer 31:3) God will gather you with great compassion. (Is 54:10) From the richness of God's wealth and Glory, he will richly fill you with his grace and provide you all that you need to overcome troubles and tribulations, (Phil 4:19) and remain firm in faith and stand ground in your fight against Satan. (Eph 6:13) *St Paul was suffering deeply in his body and he asked God thrice to heal him. God did not heal him, but sent Holy Spirit upon him and filled him with grace to endure sufferings for the glory of God, so that he can progress*

*in his mission. **Yes, God said to St Paul; "My Grace is all you need; for my power is the greatest when you are weak". (2 Cor 12:9)***

God's Grace is ours through Christ: *To be firm faith in your struggle against the wicked spiritual forces of the heavenly world, (Eph 6:12) and progress in spiritual life you need God's Grace. God has abundantly poured his Spirit on you through Christ our Saviour so that by his Grace you might be put right with God and come in possession of eternal life which you hope for. (Titus 3:6-7) That's why St Paul said: "My son, be strong in your spiritual life through grace that the Holy Spirit produces, which is yours in union with Christ." (2 Tim 2:1) **St Paul said; "Where sin increase God's grace increases much more to give you power to resist temptations and reject sin". (Rom 5:20)** Yes, when you become weak in spiritual life due to trials, temptations, sufferings, persecutions Jesus Christ will fill you with more and more of his grace to overcome them for the glory of God. So then, just as sin rules by means of death, so also God's grace rules by means of righteousness, thus leading you to eternal life through Jesus Christ our Lord and Saviour. (Rom 5:21)*

Dear believer, you cannot forget how God the Father filled Jesus Christ in the Garden Gethsemane with abundance of grace *through God's angel when Jesus asked his Father to take away the cup of sufferings. God the Father did not remove the cup of suffering from Jesus Christ, but he filled Jesus with abundance of Grace which gave him courage, conviction, sense of commitment & power to undergo the passions and go forth through the path of Calvary and die on the cross.*

From the above discourse it is discerned that: *For you to repent truly, to remain firm in righteous life, to receive complete freedom from your sinful-self, to remain strong in your struggle against sin and to endure persecution during the last days, (Mat 24:15-28) you need to remain with the Holy Spirit and take his help, for Jesus said; Holy Spirit is your helper. (Jh 14:16-26) He is the power of God & breath of God. He will fill you with abundant of graces which will help you to remain firm & fight until the end to win victory over your sinful-self. (1Cor 1:8)*

XI. THE HOLY SPIRIT IS YOUR PROVIDER

In the order of creation God created everything in the universe before he created man, because in God's wisdom he decreed that man should lack nothing of his needs. God's concern for man's needs was so great and deep that he created all heavenly bodies, all living beings on earth and in the sea before he created man. God ensured that every need of mankind was satisfied and man lacked nothing. (Gen 1: 1-31)

The Lord is the provider for body: God placed heavenly bodies like sun, moon and stars in right place to give light in day and at night. Also, they will produce different seasons so that man can harvest all kinds of seeds, fruits, vegetables at different seasons and enjoy them. Further God sustains the whole universe in its place by the power that dwells in his Words (Heb 1:3 & Sir 43:26) so that the heavenly bodies do not collide in their course, but move in the celestial order at the right time to produce different seasons and related good things. (Jer 31:35, 33:20, Sir 42:15-25 & Sir 43:1-33) The nature around us clearly tells that; 'God is our provider'. Yes, "God is the provider for the body". (1 Cor 6:13) He provides everything on earth and in the sky so that man enjoys healthy and happy life. (Psalms 68:9-10, 104:27-28)

The Lord provides man Wisdom to live "life in all its fullness": God who provides all our needs said; "Man does not live by bread alone, but by every word that proceeds from God's mouth." (Mat 4:4) God has pronounced a plan for everyone. (Jer 29:11) And he gives Wisdom to those who worship him every day before sunrise. (Wis 6:12-21 & Sir 32:14) The Spirit of wisdom helps man to understand God's will and discern God's plan for him through faith. (1 Tim 1:4) Yes, Wisdom gives us understanding that; 'man lives by faith & not by sight'. (2 Cor 5:7) A man who lives by faith and does God's will, glorifies God. (1 Cor 6:19-20) **Thus by doing God's will, man lives life in all its fullness. (Jh 10:10)**

The Lord provides spiritual powers to man for his protection: The Wisdom which God provides to man also gives understanding on the activities of wicked spiritual forces of the heavenly world, the rulers authorities and the cosmic powers of dark age, (Eph 6:12) which are deceiving & captivating human beings in their weaknesses (Ezkl 12:11-12) and abusing them to commit sin repeatedly. (2 Tim 3:1-7) **To overcome the devil and to rule over him (Wis 6:20-21 & Lk 10:19) God gave man spiritual powers to bind the devil & to cast him out. He said;**

> I make a covenant with you; I have given you my Power & my Words to be yours for ever and from now on you have to obey me and teach your children and descendants obey me for all time to come. (Is 59:21)
 >> "I have given you authority to walk on snakes & scorpions and to overcome power of the enemy and nothing can harm you". (Lk 10:19)
 >>> "Whatever you bind on earth will be bound in heaven; whatever you set free on earth will be set free in heaven." (Mat 16:19 and 18:18)
 >>>> "Believers are given power to perform miracles; they will drive out evil spirits in my name; they will speak in strange languages, and if they pick up snakes or drink poison it will not harm them; they will

place hands on the sick people who will be healed.” (Mark 16: 17 - 18)
 >>>>> “The Holy Spirit provides Fruits of the Spirit, which are Love, Joy, Peace, Patience, Kindness, Goodness, Faithfulness, Humility and Self-control. (Gal 5:22) These fruits transform us to become strong in our inner being against sin, do the will of God and witness Jesus Christ.
 >>>>> The Holy Spirit provides gifts for us to live powerful spiritual life: They are; Wisdom, Knowledge, Faith, Power to heal, Power to work miracles, Gift of speaking God’s messages, Ability to tell the difference between the gift that come from the Spirit and those that are not, Ability to speak strange language & Ability to explain what is said. (1 Corinthians 12:7-11) The Gifts of the Spirit helps us to serve the Lord.

From the above you understand that the Holy Spirit is the provider for the body who will meet all your physical needs. He also provides spiritual powers and authority to meet your spiritual needs so that you are not lost for this sinful world, but gain power over the evil spirits. (Mk 16:17, Mat 18:18 & Lk 10:19) Yes, with help of Fruits & Gifts of the Spirit you can overcome weaknesses & sinful desires which are making you to commit sin repeatedly. The fruits & gifts of the Spirit will make you as firm as a rock and as hard as a diamond (Ezkl 3:8-9) against Satan so that you can fight against him and stand firm in faith.

Yes, from the abundant wealth of God’s glory the Holy Spirit will provide all your needs. (Phil 4:19) You will experience God’s power within you if you search the kingdom of God above all and be concerned of what he requires of you. Then, the Holy Spirit will provide all things you need for healthy physical life & powerful spiritual life.” (Mat 6:33)

XII. THE HOLY SPIRIT GIVES YOU POWER

Power of the Holy Spirit in creation: In creation, before the world took its shape, the Holy Spirit was moving over the water. (Gen 1:2) At God’s command the Spirit created everything and gave shape to everything that exists. (Wis 8:6) The Holy Spirit played a major role in creation, because, the Spirit is a breath of God’s power, a pure & radiant stream of glory from the Almighty. (Wis 7:25) She is the reflection of eternal light, a perfect mirror of God’s activity & goodness. (Wis 7:25)

The Holy Spirit has power over everything and he will renew your mind and transform you heart: The Holy Spirit has power to do anything. He makes everything new although he never changes. He will renew your mind and transform your heart so that you become a righteous person to do God’s will. (Rom 12:1-2) From generation to generation he entered the souls of holy people and made them God’s

friends and prophets. (Wis 7:27) The power of the Spirit reaches every part of the world and makes everything in useful order. (Wis 8:1) Therefore, the Spirit can heal your sick & disobedient mind and change your stubborn heart of stone. (Ezkl 11:19 & Ezkl 34:26) The Spirit is familiar with God's mysteries. He helps to determine the course of action to accomplish God's plan. (Wis 8:4) Nothing can make you richer than living with the Spirit who will make everything function. (Wis 8:5)

Power of the Holy Spirit remained with people and changed everything in their favour:

- >> It was power of the Holy Spirit which helped Moses to deliver Israelites in Egypt and lead them to the Promised Land. (Ex 14: 1-30)
- >> It was power of the Holy Spirit which helped Moses to perform great miracles which no other man of God did. (Ex4:1-17 & Chap 7-10)
- >> It was power of the Holy Spirit which helped Joshua and his army to break open the wall of Jericho and take over the city. (Josh 6:1-27)
- >> It was power of the Holy Spirit which gave courage, conviction and determination to Daniel to resist the King Darius's order to worship him only, instead of living God & preserved him from lions. (Daniel 6: 1-28)
- >> It was power of the Holy Spirit which preserved Shadrach, Meshach & Abednego from getting burnt in the blazing furnace when they refused to worship the golden statue on King's order. (Daniel 3:19-30)
- >> It was power of the Holy Spirit which miraculously brought life back in the dead body of Lazarus after four days of his death. (Jh 11:25-44)
- >> It was power of the Holy Spirit which brought life in body of Jesus, rose him to life on the third day of his death. (Mat 28:1-10 & Rom 8:11)
- >> It was power of the Holy Spirit which gave courage to the disciples of Jesus to boldly come out in open to preach Good News and witness Jesus Christ against all dangers, persecution and death. (Acts 2:1- 47)
- >> It was the power of the Holy Spirit which transformed St Paul from a persecutor of Christians to an evangelist. (Acts 9: 1-43 & 26: 12-18)

Power of the Holy Spirit is always available to us: Jesus said; the Holy Spirit is your helper who will stay with you forever. (Jh 14:16 & 26) To realise his presence, you must humble yourself and surrender your life. (1 Pet 5:6) If you invite the Holy Spirit, he will enter in every area of your life, for; he stands at your door and knocks to enter your life. (Rev 3:20) If you allow him to work in you and do not restrain his teachings then he will lead you in light. (Sir 50: 28-29) Also, do not despise his inspired messages which he will give in fasting and prayer. (1 Thes 5:19-20) If you obey the Spirit, he will counsel & comfort you in sufferings, (Is 40:1-2) deliver you from sinful habits & bondages. (Is 51:6-8) Further, he will heal wounds in mind, (Ps 34:18) and heal your broken heart & bandage your wounds. (Ps 147:3) He will transform

you as an iron pillar and a bronze wall to resist temptations & reject sin. (Jer 1:18-19 & 15: 19-21) Day-by-day he will renew your body & spirit, (2 Cor 4:16) make you a new creation. (Col 3:1-17) He will be your counsellor (1Jh 2:27) to lead you in road of holiness. (Is 35:1-10)

Power of the Holy Spirit will deliver you from sin: *By his power the Holy Spirit will change your weak mortal body in to a glorious body by using the same power by which he is able to bring all things under his rule. (Phil 3:21) Hence, he will gently correct your sinful ways and make you to obey God, (Wis 12:1-2) and transform you inwardly in to his likeness. (Rom 12:1-2, 2 Cor 3:18) He will transform your stubborn heart in to a heart of flesh and will change your proud & disobedient mind to a humble and obedient mind, there-by you will give-up sin. (Ezkl 11:19) This transformation will strengthen you in your inner-self, (Ezkl 3:8-9) cleanse your soul & circumcise your heart. Thus, you will receive power to give-up sins and overcome your sinful-self. (Col 2:11)*

The Holy Spirit will instil "Fear of God" in your mind. *Fear of God will fill you with grace to obey God in everything and bring you closer to God. (Sir 1:1-14, 34:14-16 & 40:26-27) The Spirit will transform your life completely for glory of God, for he promised; "When I come, I will come with full measure of Christ Blessings." (Rom 15:29) **By his power; the Spirit will deliver you; who is a prisoner for sinful thoughts, captive for crimes, slave for sinful habits and refugee of evil bondages. (Is 51:6-8) By his great power the Holy Spirit will set you free from all invisible chains that are binding your body and soul. (Nahum 1:12-13)***

Because the Holy Spirit is with you, by his power you will receive strength to face all conditions. *(Phil 4:13) You will be strong enough to face trials, tribulations, temptations and reject Satan in all its forms and fight the power of sin. (Is 51:12-16) The Holy Spirit will take delight in you and his love will give you New Life. (Zeph 3:17) There-by you will be set free from all sins and evil bondages. The Holy Spirit will renew your inner-self and make you a new creation which Jesus calls as being born again. (Jh 3:5-7) Consequently, power of the Holy Spirit will transform your life worthy & pleasing God. (Col 3:9-11)*

By the Power of Holy Spirit, you will become a new creation: *The Holy Spirit will make you as an Iron pillar (Jer 1:18-19) and bronze wall (Jer 15:19-20) against weaknesses & desires of body which are fighting against your soul. (1 Pet 2:11) **The Spirit will give you sure foundation (1 Pet 5:10) and keep you firm in what you have learnt to strengthen spiritual life. (Acts 3:20) The Spirit will keep you safe form the Evil One until end of days. (2 Thes 3:3)***

Xiii. THE HOLY SPIRIT WILL REVEAL SPIRITUAL TRUTHS

We live in this world with worldly knowledge. And we are very eager to gain more & more worldly information and acquire knowledge on science, technology and other worldly things which will improve our earning. But we show least interest in knowing spiritual truths about Kingdom of God. That is why God said; "My people are blind for truth and they grope in darkness." (Deut 28:29 & Is 59:10-11) Jesus said; if you know the truth, the truth will set you free from the power of sin. (Jh 8:32) The Bible says; 'Truth' - Word of God which is being preached is hidden from people who are getting lost". Their mind is kept in darkness by evil god of this world. He keeps them from knowing truth and seeing light shining on them; the light that comes from Good News about glory of Christ, who is the exact likeness of God. (2 Cor 2: 3 - 4)

God said my people are destroyed for lack of knowledge; they are blind for truth because they have rejected God. (Hos 4:6) People are blind for spiritual truths about heavenly world which God wants to reveal them. (1 Cor 2:6-7) However when the Holy Spirit comes, he will open their eyes for faith (Luke 24:25-32) and lead them in the roads that they never travelled, (Is 42:16) and guide them in light of the Lord. (Sir 50:28-29) Further, the Holy Spirit will open their mind to understand secrets hidden in the Scriptures. (Lk 24:36-45) **Such wonderful spiritual encounter will take place because, Jesus Christ said:**

>> *"When, however, the Holy Spirit - Spirit of truth comes, who will reveal the truth about God, he will lead you in to all truth". (Jh 16:13)*

>> *"The Helper, the Holy Spirit whom the Father will send in my name will teach you everything about spiritual truths and make you remember all that I have told you about heavenly Kingdom. (Jh 14:26)*

>> *"If you obey my teachings, you will know the truth (secrets about Jesus Christ) and the truth (Christ's power) will set you free." (Jh 8:32)*

What is Truth? Truth is "Spirit of Wisdom (or) Spirit of Jesus (or) The Holy Spirit" which guides devote people who honour God above all things & gives them understanding on the spiritual truths given below:

The Holy Spirit reveals truth about false promises of Satan: This world is filled with liars who spread false promises. Through them the Satan is deceiving people to live in sin. He is a liar and father of all lies. (Jh 8:44 & 1 Pet 5:8) But the Spirit will guide you to walk in his light, (Ps 119:105, Sir 50:28-29) and lead you by eternal light of the Lord, (Is 60:19) so that you will travel in the road of holiness. (Is 35: 1-10)

The Holy Spirit reveals truth about heavenly Kingdom: The Holy

Spirit will give wisdom and understanding, reveal you the Mysteries of heavenly Kingdom. (1 Cor 2:1-10) St Paul said; "We have not received the spirit of this world. Instead, we have received the Spirit which God has sent so that we may know all what God has given us". (1 Cor 2:12)

The Holy Spirit reveals the relation between sin and sickness:

The Spirit will give you wisdom & insight (Sir 6:37) to understand that; sin which the Satan plants in man's body, brings sickness along with it. **This spiritual truth was explained by Jesus when he healed a paralysed man who was lowered from roof.** Jesus said to the paralysed man; "Your sins are forgiven. And the man was restored to health". He went home walking. (Lk 5:17-27) After Jesus healed the man who was lying near the lake Bethsaida for thirty-eight years, he saw him again in the Temple and said; "Do not sin again or much worse thing will happen to you". Thus, Jesus revealed truth on the relation between sin and sickness. (Jh 5:1-14) Solomon spoke on the relation between "Sickness & Sin" in his book Proverb Chaps 2 to 7. (P)read it for enlightenment)

The Holy Spirit reveals truth on destiny souls after death:

Destiny of souls of the wicked people: The Holy Spirit reveals the destiny of souls of those people who had no use for ways of the Most High & hated those who worshipped God in the book Esdras 7: 78 - 87.

Destiny of souls of the righteous people: The Holy Spirit continues to reveal truth on the destiny of souls of people who followed ways of the Most High in the book Esdras 7:88-101. Believers are advised to read this book to get enlightened on the eternal life after our body dies.

The Spirit reveals truth about the rich and glorious secret on God sharing his glory with man.

> It was to you that God has made known his secret by means of Holy Spirit. *The Spirit searches everything even the hidden depths of God's purposes. (1 Cor 2:10) That's why Jesus said; 'When the Spirit comes, he will reveal the truth about God. He will lead you in to all truth which is hidden through all the past ages from mankind. Yes, the Holy Spirit reveals the secret truth to chosen people as St Paul said; "God's plan is; to make known his secret to his people, by means of Holy Spirit which is poured in to our hearts. This is the rich and glorious secret which he has for all people. And the secret is; "Christ is in you which means you will have share in the God's glory". (Col1:26-27) Yes, people who fear God and live obeying his words experience this truth.*

>> "God chose us as first to be saved by the Spirit to make us share

his glory. God called us to this through Good News that is preached to possess our share of God's glory of our Lord Jesus. (2 Thess 2:13-14)

>>> St Paul continues to speak about this truth 'on man sharing God's glory'. He said; "We know that in all things God works good for those who loves him, those whom he has called according to his purpose. Those whom God has already chosen, he set them apart to become like his Son, so that the Son will be first among many brothers. And so those whom God set apart, he called; and those whom he called, he put them right with himself, and he shared his glory with them. (Rom 8: 28-30) This is how the Holy Spirit reveals the hidden secrets on God sharing his glory with his children, while we are still living on this earth. According to Bible some people with whom God shared his glory while living on this earth are Moses, Elijah, Judith, St John, St Paul, & Esdras.

The Holy Spirit reveals the truth on God's Plan for us:

***In faith the Holy Spirit reveals truth on; 'God's plan for you in earthly life'.** (1 Timothy 1:4) This is the plan which God spoke through Jeremiah. He said; I alone know the plans I have for you, the plan to bring you prosperity not disaster, plans to bring about the good future you hope for. (Jeremiah 29:11) Thus God blesses everyone in their life.*

***The Spirit reveals truth on 'God's Eternal Plan for you', which is;** "All things are done according to God's plan and will. God chose us to be his own people in union with Jesus because of his own purpose based on what he had decided from the beginning". (Ephesians 1: 11)*

***Even before the world was created, God had already chosen us** to be his through our union with Jesus Christ, so that we would be holy and without fault before him. (Ephesians 1:4) Because of his love for mankind God had already decided that; through Jesus Christ, he would make us his sons. This was his pleasure and purpose (Ephesians 1:5)*

In all his wisdom and insight, God did what he had purposed** and made known his secret plan, which he had already decided to complete by means of Jesus Christ. This plan which God will complete when the time is right, is to bring all creation to gather, everything in heaven and on earth, with Christ as head". (Eph 1: 9-10) **Thus, the Spirit reveals God's plan on God sharing his glory with chosen people.

***Jesus Christ acknowledged this truth saying:** "When however, the Spirit comes he will reveal truth about God and he will lead you in to*

all truth. (Jh 16:13) And Jesus himself is the Truth whom God has given us, for he said; I am the Way, Life and Truth. (Jh 14:6) If you obey my teachings, you will know the truth and the truth will set you free. (Jh 8:32) And the truth is; Jesus is the "Key" that opens all hidden treasures of God's Wisdom & Knowledge. (Col 2:3) Yes, Jesus Christ is God's secret wisdom who will give knowledge and understanding on all the spiritual truths which are hidden from mankind. (1 Corinthians 2:7)

XIV. THE HOLY SPIRIT IS YOUR LIGHT IN DARKNESS

People of this world are blind for light of the Lord: From the very beginning the Eternal light of the Lord is shining on mankind. (Jh 1:8-9) But, people of this world are blind for this light. Hence, they are groping in the darkness. (Job 12:22-25 & Is 59:10-11) The light has come in to the world, but people did not recognise it. (Jh 1:10) People chose darkness rather than light because their deeds are evil. (Jh 3:19) Yet, God did not give-up on them. God sent his only Son Jesus Christ who is the light of the world (Jh 8:12) to lead the blind people by the roads they have never travelled. He said; I will turn their darkness in to light and make rough country road smooth before them. These are my promises and I will keep them without fail. (Is 42:16) Further Jesus said; "Whoever follows me will have the light of life and will never walk in darkness. (Jh 8:12) The Spirit of God who wants to guide the blind people in darkness of the world says; Wake up sleeper, rise from death; Christ will shine on you. (Eph 5:14) Yes, light of Christ shines in the darkness for good men who are merciful, kind and just. (Psalms 112:4)

In your darkness the light of the Holy Spirit will shine: Yes, dear believer, many times in life you grope in the darkness, because; you are lost for the desires of mind and attractions of this world. You try to solve problems in worldly ways instead of finding solution in Bible which is book of life. You refuse to accept the ways of the Most High. Hence you live desperation. God says; "My thoughts are not like your thoughts and my ways are different from your ways. As high as the heavens are above the earth, so high are my ways and thoughts above yours". (Is 55:8-9) In your desperate situations if you invite the Holy Spirit who shines bright in darkness & waits for you in the early morning at your door step, he will guide & lead you in difficult situations. (Wis 6:12-18)

If you search for him and wait upon him, he will guide you by his light and lead you in the road that you have never travelled. (Is 42:16) The Spirit will remain with you. As long as the Spirit remains with you do not need anyone to teach you. For the Spirit teaches you about everything and what he teaches is true, not false. Obey the

Spirit's teachings and remain with the Spirit. (1 Jh 2:27) And he will turn your darkness into light. The Spirit says; "When you walk through deepest darkness in the valley of death, my eternal light will guide you". (Ps 23:4) Yes, the sun will not be the light for you in the day nor the moon be your light at the night. The Holy Spirit will be your eternal light. The light of his glory will shine on you & end your grief. (Is 60:19)

In your darkness the Spirit will light the path & guide your feet:

When the Holy Spirit guides you, "he will strike the waves when you pass through sea of trouble". (Zech 10:11) Yes, when you pass through deep rivers, the Spirit will be with you to protect you. Your troubles will not overwhelm you. When you pass through fire, you will not be burnt (sins & sickness of the world will not harm you). The hard trials that come will not hurt you. (Is 43:2) **When darkness overshadows you, when you are confused in distress, when you are lost for thinking, when you are lost for action, when you do not know how to proceed, when you go through deep sufferings, temptations and persecution, there will be no one on this earth who will guide you, counsel you, lead you, comfort you, heal you and give you rest. It is only the Holy Spirit which shines on mankind, which shines in the darkness (Jh 1:4-5) will come to your rescue, and provide all the help you need in distress. (Phil 4:19)**

The Holy Spirit will help and guide you in: What you are supposed to speak? What you have to do? How you have to do? Where you have to go? & How to go? The Spirit will give light in your path & guide your feet so that you will not stumble. (Ps 119:105 & Ps 121:3) That's why Jesus said: If you have been arrested for witnessing truth, produced before authorities, do not speak your own words. In your dark hours the Holy Spirit will tell you what to say to fulfil God's will. (Lk12:11-12)

Be strong in faith, be courageous & determined in tribulations:

Dear believer, if turn away from sin and reject the Satan, you will go through many tribulations. The Satan will cause many discouraging events in life. Even your loved ones will reject you and turn against you because you are with Christ, for Jesus said; "The world will reject you because of me". (Jh 15:20-21 & Mat 10:21-23) And God will also permit such tribulations in life to test your endurance in faith, in the manner how he tested Job's faith. (Job 1:1-12 & 2:1-6) Never lose heart or lose faith in what you profess. (2 Pet 1:10) Do not be disturbed or discouraged on unfolding of such events. When Joshua took charge to lead the Israelites, God said to him; "Do not lose courage. Be determined & confident". (Josh 1:5-9) You must be courageous, firm & determined. The Spirit will shine on you in such situations to provide

help you need (Phil 4:19) and protect you in faith & from power of sin. **Concerning your trials & tribulations God is asking you the following questions:**

> Has the Lord disappointed anyone who put his hope in him?

>> Has the Lord abandoned anyone who held him in his constant reverence?

>>> Has the Lord ignored anyone who prayed to him? (Sir 2:10)

The Lord will never let you down if you walk in his ways. For he said; "Righteous men will be happy & things will go well for them. (Is 3:10) "If you have reverence for God, you will be successful any way." (Eccl 7:18) So remain with God, trust him in all situations to experience his power and protection. You will soar high like eagle. (Is 40: 29-30)

XV. THE HOLY SPIRIT WILL RENEW YOUR SPIRIT, SOUL & BODY

God said; if you sin you will hurt yourself. (Sir 19:4 & Jh 5:14)

Yes, your sins will hurt your body, soul & spirit. Every sin you commit causes serious wound in your mind and it leaves a deep scar in soul. Further, your sins will destroy God's blessings. (Prov 5:1-23) This spiritual truth is revealed in the book Joel. Yes, God warned people who were living in sin. They repented for their sins by fasting & praying. On seeing how they acted, God restored all blessing which they lost due to sin. (Joel 2:1-32) **Yes dear believer, first the Satan lures you to commit sin. Then he captivates your mind and drives you to commit sin again & again. Thus, the Satan abuses your body which is Temple of the Holy Spirit. (1 Cor 3:16) Your sins bring sickness which cause you to suffer. (Ps 107:10-12) Further, your sins leave deep scars in soul and binds it with invisible chains. (Wis 17:17) Consequently, your soul suffocates in slavery, because the Satan has made you his captive & refugee. (Ezkl 12:11-12). If you are habituated to live in sin, gradually your sins will destroy your body. (2 Kgs 20:1-11, Prov 5:1-11, Ezkl 18:21-32 & Jas 5:2-3) If you die without repenting for sins, your soul will be destroyed. (Mat 25:41) You will lose eternal life. (Jh 11:25-26)**

Knowing plight of the sinners, Christ did not abandon mankind to their destiny. After resurrection, Jesus instituted the Sacrament of Confession. It is administered by his disciples who are ministers of RC Church. (Priests) **Through them, Jesus himself forgives sins of believers who repent and confess sins. (Jh 20:21-23)** When Jesus forgives your sins in Sacrament of confession, you are anointed by the Holy Spirit which brings spiritual renewal. Further this anointment delivers you from invisible chains which captivates your soul & body. (Nah 1:12-13)

Consequently your body is healed from the wounds caused by your sins and the scar in your soul caused by sins is also removed. Thus, you become a new person, free from sin. **This spiritual truth is based on Word; "Confess your sins to one another & pray for one another, so that you will be healed. The prayer of a good person has powerful effect because it works & brings healing through spiritual renewal. (Jas 5:16)**

Faithful spiritual life is a process of continuous spiritual renewal: Dear believer, every time when you commit sin, repent, make efforts to give-up sin and reconcile yourself with God in the Sacrament of Confession, the Holy Spirit anoints you and renews your spirit, soul and body. Further the Holy Spirit fills you with 'power & grace' to overcome temptations/tribulations. Thus, in this spiritual renewal you are healed from sickness in body, hurts in soul & bruises in spirit caused by sins. This is a continuous spiritual renewal processes which is happening in Christians, every time when they sin, repent, confess sins in the Sacrament of Confession and receives forgiveness.

The Holy Spirit will give you New Life: Thus, the following Word of God is fulfilled; "Even though our physical body is gradually decaying because of sin, yet our spiritual being is renewed day-by-day." (2 Cor 4:16) King Solomon spoke on spiritual renewal in his book-Wisdom. He said; "Even though Wisdom/Holy Spirit acts alone she can do anything. She makes everything new (renews soul, spirit & body) although she never changes." (Wis 7:27) Yes, the Spirit of Wisdom-Holy Spirit works continuously and renews your whole being, so that you do not fail to receive blessings which God has promised you. (Jh 1: 16 & Heb 9: 15)

The above Word is explained: When you repent, confess your sins & receive absolution, Wisdom's Spirit/Holy Spirit renews your spiritual body, soul & physical body and gives new life as spoken by Zephaniah. **He said; "The Lord your God is with you; his power gives you victory. The Lord will take delight in you and his love (anointment of the Spirit in Sacrament of Confession) will give you New Life. (Zephaniah 3: 17)**

Renewal is a 'Spiritual Wonder': This renewal is a 'Continuous Spiritual Processes' which manifests in believers by the power of God, Spirit of God and Breath God. (Wis 7:23-27) Yes, by the power of the Holy Spirit you will experience this spiritual wonder every time you confess sins and receive absolution in the Sacrament of confession. The power of anointment of the Holy Spirit in the Sacrament of Confession will bring "Spiritual Renewal" in your thoughts, in your words, in your mind, in your heart, in your actions, in your body, in

your soul and in your worship. Thus, day-by-day you will experience God is transforming you inwardly (Rom 12:2) and thus, you are being spiritually renewed. All your impurities will be gradually cleansed. This is a soul cleansing process, which is a work of the Holy Spirit. (Wis 12:1-2) In this continuous spiritual renewal every stronghold, every false argument, proud obstacles which are captivating you and making you stand against Knowledge of Christ will be broken by the power of the Spirit. (Jer 23:29) God will make every captive thought in you obey Jesus & thus you will be transformed as a new creation. (2 Cor10:3-6)

King Solomon calls this soul cleansing process as "Merciful Disciplining". He said; "God's immortal Spirit is there in every one of them and so he gently corrects those who sin against him. God reminds them of what they are doing and warn them about it, so that they may abandon their sinful ways and put their trust in the Lord. (Wis 12:1-2)

Now, let us understand the truth in this Spiritual Renewal: When you sin, you become sick in spirit, soul & body which causes sadness, depression, hatred, restlessness, fear and so, you feel gloom. Further, you lose peace in mind & rest in soul, (Ps 107:10-12) because you are bound by invisible chains. (Wis 17:17) If you repent, confess sins and receive absolution, the anointment of the Holy Spirit in the Sacrament of Confession will break all invisible chains and set you free from all bondages. (Nah 1:12-13) Yes, God who called you will spiritually renew your whole being, for, he is faithful to his promises. (1 Thes 5:23-24) *You will realise this truth on 'continuous spiritual renewal processes' if you believe/accept words spoken by Jesus on confession of sins and forgiveness given by him in the Sacrament of Confession. (Jh 20:21-23) In "continuous spiritual renewal" you will receive sure foundation. (1Pet 5:10) And God will lead you in the road of holiness. (Is 35:1-10)*

Yes, this spiritual renewal is a continuous process: It will take place in you, if you surrender your life and allow the Holy Spirit to work in you. When you allow the Holy Spirit to work in you, he will lead you in the light of the Lord and you will be strong enough for any occasion. (Sir 50:28-29) **It means; your trials & temptations cannot easily make you to fall in sin or they cannot deceive you to give-up faith.** Yes, your weaknesses/desires to commit sin, or any situation/occasions to commit sin which had power over you to make you fall in sin will now have 'no power' over you. Because, you will be transformed inwardly by a complete change of mind and be aware of; what is God's will for you, what is good, pleasing & perfect. This spiritual renewal will enrich you in God's grace to remain firm & not to fall in sin. (Romans 12:1-2)

You will be like trees that are growing near the stream, which never goes dry. You will send roots down to the stream and remain green, whatever may be the season. **It means;** in times of spiritual distress & tribulations you remain firm in faith and will not give-up. (Is 44:4) You will receive all spiritual help that you need (Phil 4:19) to live holy life in reverence to God as Isaiah said; "He strengthens (believers) those who are weak and tired (of trials & tribulations). Even those who are young grow weak (for sin); young men can fall exhausted. (Because of trials) But, those who trust in the Lord for help will find their strength renewed. They will raise on wings like eagles; they will run & not get weary; they will walk and not grow weak. (Is 40:29-31)

You will become strong in spiritual life because; you will be spiritually renewed by the stream that flows from the temple. (Ezkl 47:12) This stream (Holy Spirit) flows through the land to the east and down into the Jordan Valley and in to the Dead Sea. (Dead Sea is your sinful body-dead for God) It replaces the salt water of the Dead Sea (the Spirit removes your sinfulness) and replaces it with fresh water. (It fills you with life-giving words of Jesus: Jh 6:63) Wherever the stream flows, (where Words of Jesus abides) there will be all kind of fish & animals. (There will be fruits & gifts of Holy Spirit) The stream will make the water of the Dead Sea fresh, (the Spirit will bring life in your sinful dead body) and wherever it flows, it will bring life. (You will become a new creation, freed from sin and be as an instrument of God: 2 Tim 2:21-22) (Ezkl 47:8-9) *(Here water refers to Holy Spirit and the Dead Sea refers to human body. The Holy Spirit brings new life in you by renewing your whole being; i.e., your body, your soul & your spirit.)*

In such spiritual renewal experience, God teaches many spiritual truths, gives Wisdom and revelations about hidden secrets. The secret is; "Christ is the key that opens the hidden treasures of God's wisdom & knowledge". (Col 2:2-3) The Spirit teaches you to walk in the road of holiness, as God says; "There will be a high way there called "the road of Holiness." No sinner will ever travel in that road; no fools will mislead those follow it. No lions will be there, no fierce animal will pass that way. Those whom the Lord has rescued will travel home by that road. They will reach Jerusalem with gladness singing & shouting for joy. They will be happy forever free from sorrow & grief. (Is 35:8-10)

God is constantly renewing his own image in you: St Paul spoke at length about spiritual renewal in Colossians. He said; "You were at one time spiritually dead because of your sins. But God has now brought you to life in your union with Jesus Christ. He cancelled the

*unfavourable record of your sins with its binding rules and did away with it by completely nailing it on the cross. So, you should not make rules about what you eat or drink or about holy days or New Moon festival / Sabbath. All such things are only a shadow of past; the reality is Christ. (Col 2:13-17) **In union with Christ you are circumcised, not with circumcision made by man but with circumcision made by Christ, which consists of being freed from the power of sinful-self. (Col 2:11)***

This is the new beginning in which God the Creator is constantly renewing his own image in us, in order to bring us to full knowledge of himself. As a result, there is no longer distinction between Gentiles and Jews, circumcised and uncircumcised, barbarians and savages, slaves and freemen, but Christ is all, Christ is in all. (Colossians 3:10-11) ***This is the real spiritual renewal that we receive every time by the power of the Holy Spirit when we return to God in true repentance and receive his forgiveness. God made us sinful so that we may experience this continuous spiritual renewal and glorify God in our life. Faithful people experience this "Continuous Spiritual Renewal" through the Sacrament of Confession.*** (You are advised to read all Chapters in the Book Colossians to gain deep understanding on this spiritual renewal)

XVI. THE HOLY SPIRIT WILL GIVE YOU VICTORY.

Dear believer in Christ, your struggle against power of sin; (which is your weaknesses/desires & worldly attractions to commit sin) does not end because you have repented, confessed your sins and received absolution in the Sacrament of Confession. **Because; the evil spirit which goes out of you due to the anointment of the Holy Spirit in the Sacrament of Confession will bring seven evil spirits to captivate you again as slave for sin.** Now, the temptations will be so intense that you will fall again as victim for sin, if you do not regularly observe fasting & pray for God's protection as how Ezra prayed for protection from enemies before he took journey from Ahava Canal. (Ezra 8:1-3)

In your spiritual journey, you should be wise and cautious, for Jesus said; "Be on guard, and do not let anyone deceive you." (Mk 13:5, 9, 23 & 35) The Satan who is a deceiver is roaming around like a lion to devour people (1 Pet 5:8) who are weak in word of God and not sure in their faith. (2 Cor 11:13-15) If you are not wise and clever, the Satan will once again deceive you and make you a slave for sin and abuse your body to indulge in sin, again & again. Now if you fall in sin again, your condition will be much worse than what it was before. "It is like a dog which goes back to its own vomit, or, it is like a pig which

is cleansed, goes back to role in the mud again". (2 Pet 2:20-22) **Jesus explained this spiritual truth as "return of the evil spirit."** (Lk 11:24-6)

Dear believer, your struggle to get over the power of sin, your struggle to overcome desires to commit sin, your struggle to get over your thirst to indulge sin will continue endlessly till your last breath!!!

Because; "the seed of sin-the original sin" which the Satan had planted in human flesh when Adam & Eve sinned against God, continues to live in you. How much ever holy you are and whatever spiritual exercises that you may do to avoid & reject sin, you must reconcile to this truth that; "The Power of sin lives in you to deceive you at a time when you least expect". Yes, it is the Power of sin which is working in you, as St Paul said; there is Conflict in Man between Good & Evil. (Rom 7:14-20) **That is why the desire to indulge in sin continues to burn in you and this desire for sin fights against your soul. (1 Pet 2:11)** Hence, Jesus said; Keep watch, fast and pray so that you will not fall for temptations. The spirit is willing to be holy but the flesh is weak for sin. (Mat 26:41)

But Jesus has not left you as an orphan to fight a lone battle against sin. He said; "Man's power is no use at all". (Jh 6:63) You can do nothing on your own. If you remain with me, you can do all things. (Jh 15:4-5) "I will send you a helper, the Holy Spirit, who will stay with you forever to help you in your fight against sin." (John 14:1-26) **The Holy Spirit gives following promises to help in your battle against sin:**

>I will fight for you. There is no need for you to do anything. (Ex 14:14)
 >> "I will fight against whoever fights against you. I will rescue you from evil spirits. I will make your oppressors to kill each other. They will be drunk with murder and rage. You will know that I am the Lord who saves you & sets you free from the slavery of sin." (Is 49: 25-26)
 >> "Because of my covenant with you, which is sealed with blood of sacrifice, I will set you free from waterless pit of exile." (Zech 9:11-12)
 >> Now you will see for yourself that the Lord your God will go ahead of you like raging fire & give victory against your enemies. (Duet 9:3)
 >> The Lord will himself will go before you, destroy the nations and give victory. The Lord God will himself be with you & he will not fail you/ abandon you. So do not lose courage or be afraid. (Duet 31:5-8)
 >> No weapon will be able to hurt you; you will have answer to all who accuse you. I will defend you my servant and give victory. (Is 54 :17)
 >> The Lord will lead you; he will fight for you. (Duet 1:30) **He assures that; "In your fight against sin, you will succeed not by your military might or by your own strength, but by My Spirit. The obstacles as great as mountains will disappear before you". (Zechariah 4:6-7 & Jer 23:29)**

The Holy Spirit gives final promise for victory. He assures that;
"Look up at the heavens; look at the earth. The heavens will disappear like a smoke; the earth will wear out like an old clothing & people will die like flies. But the deliverance that I bring will last forever. My victory will be final. (Is 51:6) The Spirit will deliver you from the power of sin.

"Listen to me, you that know what is right, who have my teachings fixed in your hearts. Do not be afraid when evil spirits taunt & insult you. They will vanish like moth eaten clothing. But the deliverance I bring will last for ever; my victory will endure for ever. (Isaiah 51:7-8)

Finally, Jesus who assures Eternal Life to his children. He said:

> "To those who win victory, I will give the right to eat the fruit of life that grows in the Garden of God. (Rev 2:7)

>> "To those who win victory, I will give some hidden manna. I will also give them a white stone on which it is written a new name that no one knows except the one who receives it." (Rev 2:17)

>>> "To those who win victory, I will give them the right to sit beside me on my throne, just as I have been victorious and now sit by my Father on his throne." (Rev 3:21)

Dear Believer, you had an extensive discourse on the attributes of the Holy Spirit and on help that the Spirit gives you. We have a Mighty God who comes down from heaven to help, provided you seek his help with a humble & repentant heart. (Ps 51:17) God helps people who have desire to purify themselves and come near him in obedience.

Dear believer God is asking you two questions!

> Do you have real desire to purify yourself from every way you commit sin and displease God?

>> Do you have real thirst to come near to Almighty God by giving up all sins, to serve him, to do his will and gain the promised eternal life?

The Holy Spirit is always available to you. He stays with us for ever. He will help you, guide you, lead you, counsel you, comfort you, and provide all your need to live a holy life. And finally, he will give you victory. Yes, seek help of your helper the Holy Spirit, with all your heart, mind and soul to win victory over the power of your sinful-self!!!

The Helper the Holy Spirit whom the Father will send in the Name of Jesus Christ will teach you everything. He is the Spirit who reveals truth about God. So, take help of the Holy Spirit.

CHAPTER-7

WHO CAN RULE OVER SIN?

THE LORD'S QUESTIONS EVERYONE: WHO CAN RULE OVER HIS/HER SINFUL-SELF FOREVER?

This question is very interesting, isn't it? This question generates lot of inquisitiveness to know; "Whether any person can rule over his/her sinful-self forever"? God himself answers this question. He says "Yes"! You can rule over your sinful-self!!

Dear believer, God has promised everyone to give power to rule over his/her sinful-self forever & put an end to sin. In the book Wisdom of Solomon, God promised; "The desire for Wisdom can prepare you to rule a kingdom. (i.e., kingdom of darkness) So then, you that rule the nations, if you value your thrones and symbols of authority, honour Wisdom, so that you may rule forever." (Wis 6:20-21) This is the greatest promise ever that God has given to mankind. If you live by this promise and remain faithful to God, your life will be built on a rock. And, the kingdom of darkness will have no power over you. (Mat 16:18)

Yes, dear believer, "Do you know that God has given you power to rule over your "sinful-self"? The Satan blinds your mind for this power, deceives you and uses your weaknesses as his powerful weapon to lure you and make you fall in sin repeatedly. Thus, he captivates you as slave for sin! If you are desirous to learn how to overcome your sinful-self, God will guide you and bless you with power to rule over your sinful-self and you will win victory over your sinful-self for ever. Kindly read this chapter with attentiveness to learn how to receive God's help/power to rule over your sinful-self and get rid of sin forever.

Let us understand this promise of God, Word-by-Word.

God's promise to give power to rule over your sinful-self forever is split in three parts. (Wis 6:20-21) The words are split and numbered serially from 1 to 6 to make you understand the spiritual truths hidden in them. Now you will understand how the Satan has deceived you in the past and made you a captive and refugee for sin. (Ezkl 12:11-12)

Part-1 of the promise: (1) The desire for Wisdom (2) can prepare you to rule a kingdom (the kingdom of Satan).

Part-2 of the promise: (3) So then, you that rule the nations, (you can rule your sinful-self) (4) if you value your throne (Your body) and symbols of authority. (Anointment of the Holy Spirit in you)

Part-3 of the promise: (5) Honour Wisdom. (Obey word of God in truth & spirit) (6) So that you may rule forever. (You can rule over your sinful-self for ever) All "Six Words" have been explained below in detail to make you understand the spiritual truths which are hidden in them!

1. DESIRE FOR WISDOM - WILL MAKE YOU TO RULE OVER SIN.

The "desire for Wisdom" means "thirst in your heart" to know the following: 1. Who is my God? 2. Why God has created me? 3. What God has spoken about me? 4. How much God loves me? 5. What has done for my salvation? 6. What does God wants from me? 7. How do I please God to win his favour? 8. What is God's will for me? 9. What God has spoken about my sufferings? & 10) What is God's plan for me?

If you accept God's Word as truth as Jesus said, (Jh 17:17) accept his words as "Active Words," (Heb 4:12) regard his words as "Living Words," (Jh 6:68) make his words as "Source of your life" (Jh 1:4 & Hos 14:8)) and obey his words by surrendering your will to God's will, (Luk 11:27-28) then God will open your eyes for faith. (Luk 24:30-31)

If you honour God by giving him first place in your life, (Mat 6:33) by worshipping him before sunrise between 3 & 6 AM, which highly pleases God, (Wis 6:12-18) he will open your mind to understand the spiritual truths hidden in Scriptures. (Luke 24:36-48) Further, God will give you insight/wisdom on the power that dwells in his words, (Jer 23:29) and open your mind for secrets of the heavenly kingdom. (1 Cor 2: 6 - 12)

Once your mind is opened for Scriptures, you will gain wisdom to understand that; "Jesus Christ is the Key that opens your mind to understand hidden treasures of God's Wisdom & Knowledge". (Col 2:3) When you are blessed with 'Wisdom & Knowledge', you will realise; "What is the purpose of your existence? (1 Cor:19-20) What is God's will for you? (Is 59:21, Mat 22:37-40 & Mat 28:18-20) What is God's plan for you? (Jer 29:11) & What is God's eternal plan"? (Eph 1:7-11)

Further God's Wisdom & Knowledge will enlighten you on the following:

- > Why did God create you-Purpose of your life! (Is 43:7, Jer32:38-39)
- > How precious you are in his eyes-How God values you? (Is 43: 1-5)
- > Why did God call you & how precious is your life on earth? (1Pet 2:9)

> How God wants to use you to accomplish his plan? (2 Timothy 2:21)
 > What will happen to your soul if you die without repenting for your sins? (2 Esd 7:75-101) The awareness on fate of souls after death will give you "Fear of God". (Sir 40:26-27) And, fear of God will not allow you to commit sin, because you will strive with all your heart & soul to please God in everything you do. (Ps 15:1-5, Is 58:6-12, Ezkl 18:5-9)

The knowledge on; how precious you are in eyes of God? What is God's plan for you? And, fate of souls of sinful people after death will not allow to abuse your body by sinning. You will become wise and will not entertain sin. You will reject evil desires, temptations and sinful attractions of the world. Such attitude will transform you & set you free from your wilful sins and give freedom from your sinful-self. Jesus said; "You will know the truth (on how precious is your life in God's eyes, & what is his plan for you) and the truth (on fate of your soul after death) will set you free from the power of sin." (Jh 8:32) Consequently the 'Desire for Wisdom' will set you free from the power of your sinful-self.

2. "WISDOM WILL PREPARE YOU TO RULE A KINGDOM"

When God created Adam & Eve in his own image, he blessed them and said; "Have many children so that your descendants will live all over the earth and bring it under control and rule over them. (Gen 1:26-27) But, what we see today is; instead of man ruling over everything he has become slave for the ruling spirits of the universe." (Galatians 4:3)

Hence, God said; "the whole world is under the power of Satan" (Gal 3:22) Yes, the whole world is captured by the inevitable fate (sin) and people are bound in the darkness by the invisible chains. (Wis 17:17) Such awful thing has happened because, man has rejected teachings of Scriptures. Yes, people rejected God's Law and his life-giving words. (Rom 1:21-32) They chose to live by desires of flesh. (Is 50:1-2) The light (Jesus) has come in to the world; but people rejected the light and preferred to live in darkness because their deeds are evil. (Jh 3:19)

Yes, man refused to obey God and went on his own like the prodigal son. (2 Kgs 17:13-15) Hence man lost all blessing in disobedience, (Duet 28:14-67) and entered the land of exile. (Jer 13:15-19) You should live obeying God's Words by surrendering your will. (Mat 6:10) Your life should be guided by his words day-by-day. (Is 30:21-22 & 1 Jh 2:27) If you obey God in everything, then, God who sees your heart (1 Sam 16:7) will fill you with grace which will transform you inwardly. Also, God will strengthen your 'inner-self' against power of sin, (Rom 12:1-2) by blessing you with fruit of the Spirit "Self-Control." (Gal 5:22)

Fruit of the Holy Spirit "Self-Control" will empower you and help you to exercise control over your sinful-self. By its power you will be able to reject sin in all its forms. The sinful attractions of world, your desires for sin, your weaknesses for sin and all satanic tricks will not have influence over you to lure you and to deceive you to commit sin.

Yes, God will make you as firm as a rock & as hard as a diamond against evil spirits. (Ezkl 3:8-9) They will have no power over you because, God will give you spiritual power to resist them. (Prov 2:16) You will be like a fortified city, iron pillar and a bronze wall. The evil tricks, your weaknesses and desires for sin can't not defeat you for God will be with you to protect you. (Jer 1:18-19) The evil spirits, your past sinful memories, past sinful relations, your weaknesses for sin which springs from your mind and sinful desires which entered you through your eyes will come back to fight against you and make you fall in sin again and to captivate you. (Ezkl 12:11-12) Jesus refers them as "Return of the evil spirits." (Lk 11:24-26) But they will not defeat you because God will transform you as a wall of Bronze against evil spirits. They will fight against you but they will not defeat you, because God will be with you to protect you & keep you safe. God says; I will rescue you from the power of wicked. I the Lord have spoken. (Jer 15:19-21)

The Spirit of wisdom which is intelligent and holy will teach you everything about the activities of the evil spirits, make you wise and prepare you to counter evil tricks that are deceiving you. The Spirit of Wisdom helped Jesus when the Satan tempted him. For all temptations Jesus replied by God's Word. The Satan had no answer to counter Jesus and left him. (Mat 4:1-11) Similarly Wisdom's Spirit will prepare you to counter evil spirits & all its tricks. They cannot deceive you anymore. You will be able to rule over them with help the Spirit of Wisdom gives.

3. "YOU THAT RULE THE NATIONS"

God gave mankind authority to rule over evil spirits. God blessed Adam & Eve and said; "Have many children so that your descendants may live all over the earth, bring it under control and rule over them- this includes authority over evil spirits. (Gen 1:26-27) But mankind lost this authority because they rejected God and lived in sin obeying lying spirits. (1 Tim 4:1-2) But Jesus washed our sins with his precious blood through his death on cross. Jesus made a 'New Covenant' with mankind for forgiveness of sins through his precious blood, (Mk 14: 22-26) and gave 'New Life'. (Col 3:8-17) Thus, Jesus restored authority to mankind over evil spirits which they lost due to sin. (Lk 10:19 & Mark16:16-18)

When you are filled with fruits of the Holy Spirit; love, joy, peace, patients, kindness, goodness, humility, faithfulness, more importantly "Self-Control," the Holy Spirit will transform your inner-self, and deliver you from the power of your sinful-self. Having cleansed from all your sins God will fill you with gifts of the Spirit; Wisdom, Knowledge, Faith, Power to heal, Power to work miracles, Gift of speaking God's messages, Ability to tell the difference between gifts that come from Spirit and those that are not, Ability to speak in strange language and Ability to explain what is said. Thus, you will be blessed.

At this stage in spiritual life, you will experience complete freedom from sin. God will give you power over evil spirits and promises of Jesus given below will become a reality in your life:

> You can walk on snakes (your weaknesses & sinful desires) and scorpions (worldly attractions which lures you to sin) and overcome power of the enemy. Your enemy, which are your weaknesses & desires will be under your feet. They cannot harm you anymore. (Luke 10:19)
 >> You will receive power to bind evil spirits in fulfilment of the promise given by Jesus. He said; "Whatever you bind on earth will be bound in heaven and whatever you set loose on earth will be set loose in heaven." (Mat 16:18-19 & 18:18) Thus Jesus gave authority to man.
 >>> You will receive power to heal the sick and deliver evil spirits in Jesus' name as he promised; "Believers are given power to perform miracles and they will drive out demons in my name." (Mk 16:16 - 18)

Yes, with these promises God has called you to rule the nations; 'kingdom of darkness'. Jesus gave this authority to his believers. If you are faithful to God in everything, then he will be faithful to you for all his promises. (2 Tim 2:13) Yes, he gives power to faithful children to rule over evil spirits. So, turn to Christ with true repentance. Remain faithful to him by obeying his teachings and claim these promises for yourself. (Is 62:6-7) Then, you will rule over the kingdom of darkness.

4. "VALUE YOUR THRONE AND SYMBOLS OF AUTHORITY"

God says; "You should Value your throne". Here God refers your 'physical body' as throne. God wants; "you should value your body as temple of the Holy Spirit" where God lives. (1 Cor 3:16) Valuing throne-physical body means, 'to observe holiness'. God wants you to remain holy & glorify his Spirit in your body. **God is highly pleased with those who honour God's presence in them by remaining holy** because we are created in image of God. (Gen 1:27) About holiness of body, God said:

>> "They (you) are my people. I created them to glorify me." (Is 43:7)
 >> Further, God amplified the above word and said; "Don't you know that your body is the temple of the Holy Spirit who lives in you, and who was given to you by God? You do not belong to yourself, but to God. He bought you for a price. (Blood of Jesus was paid as price to redeem mankind) So use your body for God's Glory. (1 Cor 6: 19-20)
 It is very important for you to protect your body from getting defiled by sin because God's presence in your body should not be desecrated.

Value the symbols of authority: Here God refers the symbols of authority as "anointment of Holy Spirit" which God showered on you.
 To value the symbols means; you must "Highly Honour" the anointment of the Spirit which God showered over you on the following occasions:

i. 'Honour the Anointment of the Holy Spirit' which you received in the Sacrament - Baptism, to become a member of Church-Body of Christ. (Gal 3:26-28) God wants that you should guard your faith in one body and one Spirit just as one God who has called you. **Your faith should not turn away from One Lord, One Faith, One Gospel, One Baptism and One God the Father of all mankind who is the Lord of all who works through all and lives in all. (Eph 4:4-6)** You should never desecrate the anointment received in Baptism by reposing faith in things that are created, such as reposing faith in: human beings, living beings, birds, animals, idols made by human hands & heavenly bodies. (Ex 20: 1-5)

ii. 'Honour the Anointment of the Holy Spirit' which you received in the Sacrament- First Holy Communion to eat Christ's body and drink his blood. God sternly warns that; you must eat the bread-body of Christ and drink the wine-blood of Jesus in the most worthy manner. (1 Cor 11:27-31) Otherwise you desecrate the body and blood of Jesus Christ.

iii. 'Honour the Anointment of the Holy Spirit' which you received in the Sacrament - Confirmation. In this Sacrament, as a member of the Church you are given the authority to proclaim Gospel to the ends of the earth. (Acts 1:8) You should honour this anointment by remaining holy (2 Tim 2:21) and do your best to proclaim Gospel and witness Jesus to the world at all occasions. God said; "Do not disregard spiritual gifts-'Authority to Preach' given to you when the prophets spoke and the elders of the Church laid hands and prayed over you". (1 Tim 4:14)

iv. 'Honour the Anointment of the Holy Spirit' which you received in the Sacrament - Marriage, by remaining faithful to the spouse chosen by God (Is 34:16) to multiply & fill the earth with descendants. (Gen 1:27-28) **God said, you must honour marriage in the following manner:**

>> Marry a person of opposite sex to maintain natural order as God decreed so that you can produce children. (Genesis 1:27-28, 2:18-24)
 >> You should not marry a person of same sex. Indulging in homo-sex is a sin and it is forbidden by God. (Lev 18:22 & 20:13 and 1 Tim 1:9-10) Those who indulge in homo-sex will lose Kingdom of God and will be condemned to eternal damnation. (1 Cor 6:9-10 and Rev 21:8)
 >> You should not marry a person of opposite sex who is closely related to you. This sin is called incest, (Duet 27:20-23, Lev19:10-21)
 >> Married couple must always remain faithful to each other in fidelity. Adultery will destroy family & your eternal life. (Ex 20:14 & Heb 13:4)

v. 'Honour the anointment of the Holy Spirit which you received in the Sacrament - Ordination / Consecration as a Priest and became a Minister of Roman Catholic Church for administering Christ's Ministry. (Ex 28:41 & 40:13) This also includes the anointment received by the Religious Brothers/Sisters who are consecrated as Bride & Bridegroom of Christ in their respective ministry to serve God. (Is 54 :5 & 62: 4-5)

Dear believer, God accredits excessive importance to following things:

1: Valuing Throne 'Physical Body' which is temple of the Holy Spirit. & 2: "Valuing Symbols of Authority": It is honouring the "Anointment of the Holy Spirit," showered on us in various Sacraments of the Church.

God warns that you should not desecrate these two "Precious Gifts" in any manner to avoid God's displeasure. However, if you honour these two gifts, you will win God's favour and experience his hand upon you always. God will strengthen you like a bronze wall & as an Iron pillar against evil powers as God spoke to Jeremiah. (Jer 1:19-20) *The sins of the world will fight against you. But they will not win victory over you, because God will be with you to protect you and give victory. (Jer 15:19-20) Yes, God's Spirit will burn around you as a wall of fire to protect you from the evil one (Zech 2:5, Is 60:18, 2 Thes 3:3)*

5. "HONOUR WISDOM"

How do one honour Wisdom? Wisdom is referred as Word of God. (Wis 7:22-30) According to Bible 'Jesus' is the Word of God. (Rev 19:13) St John said; "The word (Wisdom) became human being full of grace & truth and lived among us". (Jh 1:14) Therefore, it is very important to know how to honour Wisdom? For, Bible says; people who honoured wisdom won God's favour in their distress as we read below:

>> **Joseph was a righteous man.** He did not give-in for sinful desires

of the Queen of Egypt, but honoured words of Wisdom; “Do not commit adultery.” (Ex 20:14) In his distress when he was in prison, the Spirit of Wisdom helped him to interpret King’s dream. The King was highly impressed with him, made him the Governor of Egypt. (Gen 41:37-46)

>> **Daniel was a righteous man.** He was put in a lion’s den for seven days because he refused to worship the King according to his order. But Daniel honoured words of Wisdom; Let there be no God for you other than me. (Ex 20:1-2) Wisdom’s Spirit preserved Daniel from lions in his great distress. Later the King honoured Daniel’s God and made him head of all advisors to the King in the Royal Court. (Dan 2:46-49)

>> **Esther was righteous woman.** Though she was a Queen she honoured Wisdom. When the Jews were in distress of being killed by the evil Prime Minister Haman and his army, she won Kings Favour and convinced him to promulgate an order for the Jews to fight against his own Prime Minister. Finally, the Jews won victory. (Esther- Chap 2to10)

>> **Judith a righteous woman** spent all her time in fasting & prayer. (Jdt 8:4-6) She lived a holy life honouring Word of God; “Be holy, in all that you do for; God who called you is holy.” (Lev 19:2) God was with her and gave courage, conviction and guided her actions by the Spirit of Wisdom. Thus, God used Judith to bring victory to the Israelites against the great army of the General-Holofernes. (Jdt-Chaps 10 to 15)

>> **King Solomon was considered as righteous by God,** because when God appeared to him, he did not ask for worldly things. He pleased God by praying for gift of wisdom to rule his people judiciously. God gave him wisdom & wealth. With help of Wisdom, he wrote Books of Knowledge Viz; Wisdom of Solomon, Proverbs & Ecclesiastes. Bible says Solomon was the richest & wisest King lived ever. (1 Kgs 3:4-14)

Because these people remained faithful God and honoured Wisdom, God raised them to a very high stature. This is the destiny what God prepared for people who held Wisdom in high honour. Thus, God fulfilled his word; “What no one ever saw or heard, what no one ever thought could happen is the very thing God prepared for those who honour Wisdom.” (1 Cor 2:9) But, the Satan is roaming like a lion to deceive you to disobey the Spirit of Wisdom and steal your blessings. (1 Pet 5:8) Be wise, or he will make you to live like people who do not know Christ. But God says: “Try to learn what pleases God. Do not be fools then, try to find out what God wants from you.” (Eph 5:10 & 17)



If you live according to desires of your mind you fulfil desires of flesh. God says; *"If you live life according to desires of flesh, you are going to die. But by the Spirit, if you put to death your desires of flesh, you will live. Those who live by flesh will not find life. Those who live by Spirit will find life. (Rom 8:11-13) Hence, you need to find life in Spirit. You will find life in Spirit if you honour the Spirit of Wisdom.*

You can honour the Spirit of Wisdom in the following manner:

1. Search for the kingdom of God above all things: It means to give first place to Jesus and worship him between 3 & 6 AM. (Mat 6:33 & Wis 6:12-21) If you sacrifice early morning sleep to worship Christ, you will encounter his presence because, every day the Spirit of Jesus is passing by our bed in the morning looking for those who are awake to seek his face. If you are awake to seek his face, worship him, read his life-giving words (Jh 6:63) he will empower you to walk your sinful desires & weaknesses, 'which Jesus calls as snakes and scorpions', and overcome them. (Lk 10:19) **Yes, Jesus will bless you with power to walk on sins & sicknesses of the world like how he walked on the water in the early morning between 3 and 6 am and reached his disciples. (Mk 6:45-52) You will not drown in sin & sicknesses like people of the world.**

2. Obedience to Word. Worshipping Jesus in the morning itself will not suffice. You have to obey God's Word (Lk 11:27-28) and inspired messages in truth & spirit. (1 Thes 5:19-20) "Whether it pleases you or not, obey what the Lord says. (Jer 42:6) All will go well with you if you obey him." (Duet 5:32-32) If you obey God, he will put your enemies at your feet. Jesus said; "Those who hear God's words and obey it is much blessed than my mother. (Luke 11:27-28) Yes, no one can please God without obedience. In obedience you win God's favour.

3. Consult the Lord in everything you do: You should lift up your important plans, proposals, issues in fasting & prayer and ask God for his consent; 'whether it pleases him or not?' (Prov 16:3) Surely God will answer your prayer and guide you in your decision through his words. And, he will give peace in the decision you make. (Col 3:15) Because the decision what you make in fasting & prayer will come from God himself. (Duet 1:17) David consulted God twice before he attacked Philistines. God gave him victory in both occasions. (1 Chr 14: 8 - 17)

Worship Jesus before sunrise. Consult him on important issues /proposals, obey the inspired messages and all his teachings in all circumstances. Honour the anointment of the Holy Spirit you received

when the elders of the Church laid hands on you and prayed. (1 Tim 4:14) Practice your faith without doubting the power in Word of God. (Jas 1:5-6 & 22-24) If you live in this manner, you will experience God's Spirit burning around you as a wall of fire protecting you from sin, for he promised that; "I myself will burn as a wall of fire around Jerusalem (you) to protect it and I will live there in all my glory. (Zachariah 2:5)

If you honour Wisdom in this manner, God will transform your inner-self. You will become an iron pillar & wall of bronze against Satan. (Jer 1:18-19) Your temptations, weaknesses & desires cannot make you fall because God will transform you as a wall of Bronze against them. (Jer 15:19-20) You will become as firm as a rock and as hard as a diamond against evil spirits which are making you to fall repeatedly. (Ezkl 3:8-9) The richness and power in God's Words (Col 3:16) which is the power that dwells in Wisdom will break your stubborn heart and disobedient mind in to pieces, because God has promised; "My Word is like fire and a hammer that will break the rocks in to pieces. (Jer 23:29)

God's powerful weapons which are gifts of the Spirit (1 Cor 12:7-11) and Armour of God (Eph 6:13-19) will help you to break all the strongholds of evil within you and around you. You will be able to pull down every powerful obstacle which are your desires & weaknesses for sin standing against your spiritual life and raised against God. (2 Cor 10:4) Jesus who is King of Kings (Rev 17:14) will break your bondages and all invisible chains that are binding you, open the way and lead you out of exile, which is your sinful habits & slavery for sin. (Micah 2 :13)

You will walk in light of the Lord. Yes, if you live as deliberated above you will become wise and you will be able to face any occasion because you will be walking in light of the Lord. (Sir 50:28-29) The sun will not hurt you in the day nor the moon during the night. (Ps 121:4-8) And the sun will not be light for you in day nor will the moon be light by night. (Is 60:19) The Lord himself will be your eternal light leading you in path of holiness. (Is 35:1-10) The light of God's glory will shine upon you. Your days of grief & distress will come to an end. (Is 60:20)

If you honour Wisdom & Anointment of the Spirit in you, God will break all strong holds of evil and take away your stubborn heart of stone and give an obedient heart. (Ezkl 11:19) He will give you a new heart & a new mind and freedom from all your sins. You will be as free & happy as calves let out of stall. When God acts, you will overcome your sinful-self. Your sins will be like dust under your feet. (Mal 4:2-3) You do not need sun or moon to shine. Glory of God will shine on you. Christ will be your lamp. You will walk in light of Christ. (Rev21:23-24)

6. "YOU WILL RULE YOUR SINFUL-SELF FOREVER"

At this stage, God will bless you with Sure Foundation. He said; after you have suffered for a little while, the God of all graces who calls you to share his eternal glory in union with Christ will himself perfect you and give firmness, strength and a sure foundation." (1 Peter 5:10) Sure foundation will help you to remain firm in faith during tribulations & trials. However bad the situation may be, you will have conviction in your faith and hope in the Salvation the Lord offers. Yes, "If you hope in the Lord, you will find your faith is renewed day-by-day. (2 Cor 4:16-18) You will raise on wings like eagles and fight against evil spirits, but you will not get weary. You will walk on snakes & scorpions. (Desires & weaknesses) And they will not harm you. (Lk 10:19) You will win victory in this battle against your sinful-self because the Lord himself will fight the battle for you. (Ex 14:14, 2 Chr 20:17, Duet 1:30 & 20:4)

Further, God will give you authority over nations & kingdoms, (attractions of the world, your weaknesses & sinful desires) to uproot & pull-down strongholds of evils in you, to destroy & overthrow (your sinful-self), to build & plant "(righteousness) as God promised to Jeremiah. (Jer 1:8-10) "You will be able to resist and reject the Satan, (Jas 4:7, Prov 2:16) because you will be like a fortified city, an iron pillar and a bronze wall. The evil spirits cannot defeat you for the Lord will be with you" (Jer 1:18-19) Jesus will be your Shepherd to lead you.

Yes, dear believers; by the help of 'Spirit of Wisdom' which you will receive by seeking Christ's face in early morning worship, by the 'Favour of God' which you will receive in fasting & prayer and by 'Faith' which you will receive in Sure Foundation, you will gain power to overcome temptations & worldly attractions, resist & reject Satan in all its forms and will receive 'authority' to rule over your sinful-self forever.

YOU WILL BREAKOUT OF THE CITY GATES AND GO FREE.

You will be set free from your "sinful-self" which is holding you as captive for sin. Jesus, King of kings (Rev 17:14) himself will lead you out from the exile." (Micah 2:13) Yes, Jesus will strengthen you and keep you safe from the evil until the day of the Lord. (1 Cor 1:8 & 2 Thes 3:3)) The evil one cannot harm you because, Christ is faithful to his promises. (2 Tim 2:13) Jesus Christ will fill you with grace to remain strong in your inner-self. When you grow weak you will feel the protection, strength and power of Christ over you. (2 Cor 12:9-10) Further, he will transform your inner being to reject your desires to commit sin and overcome temptations. (Ezkl 11:19 & Rom 12:2) Jesus

gives power to all those who believe to overcome their sinful-self. Many references are quoted here on God's promises which assures deliverance from sinful-self. God's promises will work in you if you believe. (1 Thes 2:13 & Heb 4:2) But, the Devil is roaming to destroy your faith so that you may not believe in these promises. (1 Peter 5:8)

DO YOU DOUBT LORD'S PROMISES?

Solomon said; "Trust in God with all your heart; do not rely on your own understanding". (Prov 3:5) The ten lepers who believed in Christ obeyed him without doubting the power in his words. When they acted in faith, they were healed. (Luke 17:11-19) **Doubt is a powerful weapon the devil uses to keep believers in fear & darkness, so that they do not repose faith in the words of Christ and understand God's power that works through faith. (Eph 3:20) Doubt brings fear. In fear people lose hope and fall in faith. Hence, they do not dare to hope in God. But God calls you to trust in the rich & wonderful blessings he promised and in the great power that works in those who believe. (1 Thes 2:13) It is this power through which God raised Jesus from death. (Eph 1:18-19)**

When Jesus came to his disciples walking on the water, Peter said; Lord if it is you, order me to come to you walking on water. Jesus said; Come. Peter walked on the water to reach Jesus. On seeing strong wind & waves, Peter feared and lost sight on the command "Come" given by Jesus. Because he lost sight on the command given by Jesus, he relied on his own understanding. Hence, fear gripped him. In fear Peter did not dare to hope in Jesus. So, he lost faith in Christ's word 'Come'. Thus, in his fear Peter lost faith, drowned in water and cried; "Lord I am sinking". Jesus extended his hand and held him, rebuked him and said; "Man of little faith, 'why did you doubt'? (Mat 14:22-32)

This is how you also get distracted by attractions of this world and events happening around and lose sight on God's promises. You, therefore, rely on own reasoning. Jesus said; man's power is of no use at all, but my words bring God's life-giving power in you. (Jh 6:63) If you lose attention on Christ's Words, you will be lost for the power in God's promises. If you are lost for power in God's promises, you give-in for fear. In fear, you fail to hope in God. Thus, you lose faith in God's power to deliver you. If you lose faith, you will drown in your problem and get lost in your own understanding. This is the situation the Satan creates to instil fear in you. (Wis 17:12) In fear you remain as a captive for sin. Fear deceives you to have faith in God's promises. Therefore, you are not able to fight the Satan and win over sin. (Isaiah 51:12-16)

Satan deceives you by sowing doubt in mind. Now a doubt comes to you; "Do I have power to overcome the evil spirits? This question is from Devil who keeps your mind in doubt to create fear, so that you will always have doubt on power that dwells in God's Words and the authority that Jesus has given you. He said; "I have given you authority to walk on snakes and scorpions and to overcome the power of the enemy. Nothing will harm you. (Luke 10:19) This authority was given to mankind by Jesus in fulfilment of the Covenant which God made with mankind, where he said; "Today I make a covenant with you to give my Word (teachings) and my Power to be yours for ever and ever. From now on you are to teach your children and descendants to obey my teachings for all time to come." (Is 59:21) If you doubt the power that dwells in God's words, God's promises and on the authority that God has given you over evil spirits, you are already lost in this battle.

When you doubt your faith, you cannot receive anything from God. For, God said; be "determined & confident" in the promises I have given for your prosperity & good future, (Jer 29:11) to lead you in my light (Mat 9:5) and to deliver you from trials, tribulations (Is 51:12-16) and from the power of sin. (Is 51:7-8) God chose Joshua to lead the Israelites and said to him; "Be sure that the Scripture is always read in your worship. Study it day & night and make sure that you obey my laws. Then you will be prosperous & successful. Remember, I have commanded you to be "Determined & Confident." Do not be afraid and discouraged for, I, the Lord your God am with you wherever you go. (Josh 1: 8-9) Dear believer, if you doubt your faith, you are like a boat caught in a storm. (Jas 1:6-8) Yes, when you doubt your faith, you do not dare to accept the power which is given to you in faith to fight the devil. A person who is not determined & confident, who doubts his faith, unable to make up his mind and undecided in all things cannot expect to receive anything from God. (Jas 1:8) Jesus said; blessed are those who have no doubts in my words & power that dwells in it. (Mat 11:6)

"If your honour 'Wisdom' – 'Jesus' by worshipping him before sunrise, Jesus will make you to walk on sins of the world like how he walked on the water. Yes, you will not drown in the sea of sins, because; Jesus will give you authority to rule over your Sinful-Self"

CHAPTER-8

THE LORD IS CALLING YOU FOR A NEW LIFE

THE LORD SAYS: BE DEAD FOR SIN BUT ALIVE FOR GOD IN UNION WITH CHRIST

The Lord knows that mankind is weak for sin, because, the seed of sin was planted in the human flesh by the Satan. Hence to strengthen man in his weakness for sin, God promised; "Where sin increased, my grace to strengthen human flesh increases much more. (Rom 5:20) But, the Lord asks you a question; "Should you continue to live in sin so that my grace will continue to increase? The Lord himself answers this question. He says; "No. Certainly not". You have died for sin. Then how can you go on living in sin? Your old sinful being has been put to death with Christ on his cross in order that the power of your sinful-self might be destroyed so that you should no longer be a slave for sin. Sin must no longer rule your mortal bodies, so that you obey desires of natural-self. Nor must you surrender any part of yourselves to sin to be used for wicked purposes. Instead give yourselves to God as those who have been brought from death to life. Surrender your whole being to God to be used for righteousness. Sin must no longer be your master for you do not live under law but under God's grace. (Rom 6: 6:1-2 and 6-14)

***At one time you surrendered yourself entirely as slave to impurity, wickedness and for wicked purposes.** In the same way you must now surrender yourself for righteousness & holy purposes. When you were a slave for sin, what did you gain? The result of sin was death! But now, you have been set free from sin and you are a slave of God. Your gain is; life fully dedicated to God and the result is 'Eternal Life'. For sin pays its wage death; but God's free gift is eternal life in union with Jesus. So be dead for sin and be alive for Christ. (Rom 6: 19-23)*

THE LORD SAYS: NEVER RETURN TO YOUR OLD SINFUL LIFE

Dear believer, having repented and given-up sins, you should take help of Holy Spirit to protect yourself from desires for sin which is your enemy. You must look up to Christ on the Cross. Never look back on your past sinful life, because Christ has cancelled your past sins by nailing them on the cross. (Col 2: 13-14) Instead, if you ponder over your past sin, sinful relations and memories the Satan will

once again trap you in sin. That is why God said; "Do not cling to the events of the past, or, dwell on what happened long ago. Watch out for new thing I am going to do. It is happening already-you can see it now! I will make roads through wilderness and give streams of water there. (Is 43:18-19) God warns; if you choose to cling on to events of the past, (past sins) yield for temptations and commit sin, the Satan will once again bind you with invisible chains. (Ps 107:10-12) Now you will be in much worse condition than you were before as St Peter said; "It is like a dog which goes back to what it has vomited, and like a pig which that has been washed goes back to roll in mud." (2 Pet 2:20-22)

Dear believer if you commit sin, you are allowing the Satan to enter your body which is temple of the Holy Spirit and he will bind you with invisible chains. (Wis 17:17 & Job 36:8-9) If the Satan enter your body, he will do what is natural to him. God warns you that; the Satan will bind your body & soul with invisible chains and make you a captive. (Is 50:1-2) He will destroy God's blessings in you; your health, wealth and good relation in family. He will entice you to commit sin repeatedly and abuse your body through; prostitution, drinking, drug addiction, gambling, etc., by making you habituated for them. Further, he will introduce you to other sins of the world and make you a slave for sin and destroy your body. (Jh 8:34) **The Satan will take you to a point of 'No Return' where even if you want to repent & turn away from sin you will not be able to repent. (2 Timothy 3: 1 - 6)** This is the power of sin.

Thus, you will become a slave for sin & the Satan will rule over you. Thereafter your thoughts, actions & decisions will revolve on sin and your life will be oriented towards sin. Now, the Satan will use you as his instrument to lure others in sinful life and form a sinner's club. (Club of; gamblers/drinkers/orgy/wife swapping/trafficking drug/flesh trade etc.) He will take complete control over you to destroy your life & of others. You will be a prisoner of sin, captive for crime & slave for ruling spirits of the universe. (Gal 4:3) Such awful thing happens because the evil spirit which goes out of you after you repent & confess sins, will bring seven evil spirits to tempt you intensely and make you fall. **Jesus explained this truth as 'Return of evil spirit'. (Mat 12:43-45)**

Dear believer, once you die for sins you have died with Christ. And, you are set free from ruling spirits of the universe. (Col 2:20) By the power of the Spirit which rose Jesus from death, God will raise you from death and give a new life. (Rom 8:11) This is the freedom from sin which Christ gives to you through your faith in his Ministry. And Christ warns you and says; "Stand then, as free a person and do not

allow yourself to become a slave again. (Gal 5:1 & 1Pet 2:16) Therefore guard yourself against your desires for sin so that you do not return to your old sinful ways and lose God's blessings which are yours in Christ. (Jer 32:38-42) *But if you reject Christ, return to live in sin, your sins will bring hatred & rejection in you. Loneliness & sadness will haunt you. Depression & distress will make you to live in despair. You will be in misery. Thus, the Satan will steal, kill & destroy your life. (Jh 10:10)*

THE LORD SAYS: GIVE-UP OLD LIFE AND START A NEW LIFE

You must put to death, then, the earthly desire at work in you, such as sexual immorality, indecency, lust, evil passions and greed. Because of such things God's anger will burn on those who do not obey him. You must get rid of anger, passions and hateful feelings. No insults or obscene talk should come from your lips. You should not lie to one another for you have taken off the old-self, its habits and put on the New-Self. (Col 3:5-10) *"You must remove the 'old yeast-sin' from your life, (1 Cor 5:5-7) so that you will be worthy to do God's service. For God said; "If anyone makes himself clean from all those evil things, he will be used for special purposes, because he is dedicated and useful to his Master, ready to be used for every good deed". (2 Tim 2: 21-26)*

Dear believer, Christ's message in all its richness must live in your heart. (Col 3:16) Yes, the Life-Giving words of Christ (Jh 6:63) must live in your heart with all its richness, which comprises of Fruits & Gifts of the Holy Spirit. (Gal 5:22 & 1 Cor 12:7-11) If Christ's words live in you with all its richness, Jesus who is 'Prince of Peace' will fill your mind with his own peace (Jh 14:27) and put down all the storms in your life, for he said; "When you go through the sea of trouble, I the Lord will strike the waves". (Zech 10:11) Peace that Jesus Christ gives you will guide in the decisions you make; for it is to this peace God has called you to gather as one body in Christ. (Col 3:15) And the decisions you make will come from the Lord himself and give peace. (Duet 1:17)

Always be thankful. (Phil 4:6) Teach & instruct each other with wisdom. You should sing Psalms, hymns & sacred songs to God with thankful heart. Everything that you do or say should be done in name of Jesus as you give thanks through him to God the Father. (Col 3:16-17) God who forgives all your sins & leads you in Salvation wants you to live a New Life' in this manner. *That is why St Paul said; Try to know what pleases the Lord'. (Eph 5:10) Do not be fool, then, but try to find out what the Lord wants you to do and live life accordingly, (Eph 5:17) because, God lives with people who are humble & repentant. (Is 57:15)*

If you sincerely make efforts to surrender sins by doing the exercises given in Chap-24: "How to Conquer Sin?" and continue to worship Christ and read Bible before sun rises every day, then; "Jesus who is always with you, (Mat 28:20) who never leave you like orphans, (Jh 14:18) who gives you authority over snakes & scorpions (Lk 10:19) will fill you with abundance of Grace. (2 Cor 9:12) This grace will enrich you in fruit of the Holy Spirit; Self-Control. This fruit Self Control help to overcome your sinful-self and win victory over the power of sin. (Is 54:17) And God will take delight in you and his Love will give you New Life. (Zeph 3:17) Consequently you will glorify God in this New Life. It is the purpose for which you have been created. (1 Cor 6:19-20)

THE LORD SAYS: SET YOUR MIND ON THINGS THAT ARE IN HEAVEN

You have died with Christ and he has set free from ruling spirits of the universe. Now ask God to fill you with knowledge of his will with wisdom & understanding that the Spirit gives, (Col 1:9) so that you do not live as though you belong to this world and obey rules made by men which are useless in controlling physical desires & bodily passions. (Col 2: 20-23) So, honour the 'New Life' which Christ has given to you.

God is renewing his own image in you: Yes, it is a new beginning where God is constantly renewing his own image in you in order to bring you to full knowledge of himself. Christ presence fills you all for he loves you and has chosen you as his own. Therefore, you must cloth yourself with compassion, humility, kindness, gentleness and patience. You must be tolerant with one another and forgive one another whenever any one of you has complaint against other, just as Christ has forgiven you. In addition to all these qualities, you must add love which binds all things to gather in perfect unity. (Colossians 3:10 - 14)

You have been raised to life with Christ. Keep your minds fixed on things that are in heaven where Christ sits on his throne at the right-hand side of God, and not on things here on earth. For you have died and your life is hidden in Christ with God. Your real life is Christ. When he appears you too will appear with him to share his glory. (Col 3:1-3)

THE LORD SAYS: ACCEPT FULLNESS OF LIFE IN CHRIST!

You were spiritually dead because of your sins. But God has now brought you to life with Christ by forgiving your sins and did away with it completely by nailing them on the cross. So, do not make rules about what you eat or drink, about holidays or new moon festival or sabbath.

All such things are only a shadow of the things in the future; the reality is Christ. Under Christ's control, your body is nourished and held together by his Spirit and grows as God wants it to grow. (Col 2:13-19)

Since you have accepted Jesus as Lord, live in union with him. Keep your roots deep in him, build your lives on him and become strong in faith. Also be filled with thanksgiving. Be on guard that no one enslaves you (Mk 13:5) by worthless deceit of human wisdom, which comes from teachings handed down by men & from ruling spirits of the universe and not from Christ. (Col 2:6-8) When you were baptised, you were buried with Christ and in baptism you were also raised with Christ through your faith in the active power of God who raised Christ from death. And now God has brought you to life with Christ. (Col 2:12-14)

And, in union with Christ you have been circumcised; not with the circumcision made by man but circumcision made by Christ which consist of being freed from sinful-self. (Col 2:11) The full content of divine nature lives in Christ in his humanity and you have been given full life in union with him. He is Supreme over every spiritual ruler and authority. (Col 2:9-10) So dear believer, unite with Christ to enjoy the 'Fullness of Life', which Christ promised his believers. He said; "I have come in order that you may have life; Life in all its fullness." (Jh 10:10)

JESUS CHRIST WILL GIVE YOU FINAL REWARD

Wives, submit to your husbands for this is what you should do as Christians. Husbands love your wives. Do not be harsh with them. Children, it is your duty to obey parents always, for this is what pleases God. Parents do not irritate children or they will be discouraged. You must obey your human masters not only when they watch you but do it with sincerity because of your reverence to God. Whatever you do, do it with all your heart as though you are working for God. **Remember that God will give you reward which he has kept for you, for Christ is the real Master you serve.** (Col 3:18-24) Be wise in the way you act towards non-believers making good use of every opportunity. Your speech should be always pleasant, interesting, and you should know how to give right answer to everyone. (Col 4:5-6) Living in this way, you will succeed passing all trials and win the reward of life. (Jas 1:12)

Ultimately, it is a person who rules over his sinful-self will only win the reward "Eternal life" which Jesus Christ has promised. (Jh 11:25-26) Therefore, you must gain self-control over your sinful-self. Yes, God will give you Authority to rule over sinful-self as explained in Chapt-28: "Who Can Rule over Sin forever?"

Jesus will give final reward if you rule your 'sinful-self'. He said:

> "I will give the right to eat the fruit of life that grows in the Garden of God. (Rev 2:7)

>> "I will give some hidden manna. I will also give them a white stone on which it is written a new name that no one knows except the one who receives it." (Rev 2:17)

>>> "I will give them right to sit beside me on my throne, just as I have been victorious & now sit by my Father on his throne." (Rev 3:21)

Dear believer, the "Spiritual Truth" on the fate of soul after your physical body dies is written in the Bible. To know the fate of souls of people who lived righteous life & people who lived wicked life, please read the book: 2 Esdras 7:75-140 & 8:1-4. **Seek help of the Holy Spirit to understand the fate of your soul after your death. Take your spiritual life seriously, introspect your past & take corrective action as the Spirit prompts you through his teachings. If you are sincere in your thoughts and efforts, surely the Holy Spirit the helper, will help you to overcome all your inequities, give you power & grace to gain control over your sinful life, give sure foundation in faith and bless you with the gift; Self-Control to overcome all your sins and win victory over your sinful-self.** Yes, by virtue of the gift 'Self-Control' and with help the Holy Spirit gives you will win victory over the Power of sin. Do not be deceived to live life according to the desires of your mind and body, (Rom 8:5-14) and lose the privilege of being God's Chosen people. (Baruch 4: 1 - 4)

If you hear the voice of Lord to day "to repent and turn away from sin", do not be stubborn. The Lord has warned you thrice not to harden your heart and reject his call for repentance. (Heb 3:7, 14 & 4:7) Yes, the Lord who is eagerly waiting for your repentance says; "Return to me and I will return to you". (Zech 1:3) "Turn to me and I will turn to you". (Micah 3:7) "Come near me and I will come near to you". (Jas 4:8) **If you turn deaf ears for God's call for repentance, you will lose 'Eternal Life' which Jesus Christ has promised to his believers. He said: "I am the resurrection and the life. Whoever believes in me will live, even though he dies; and whoever lives and believes in me will never die". (Jn 11:25-26)**

**Accept fulness of Christ in you.
So that,
You may live life in all its fulness.**

CHAPTER -9

SPIRITUAL RUTHS THAT ARE HIDDEN FROM MANKIND

Dear Believers, you had an elaborate & awakening discourse on the subject: "God's call for Repentance". You have understood that 'Christian life is a spiritual life', (Rom 8:1-17) and it is a 'spiritual war' between 'You' and the 'evil spirits' which trying to deceive you to steal your blessings & destroy your eternal life. God calls this war as; "The Holy War." (Is 13:3) You cannot fight this war alone against the wicked spiritual forces in the heavenly world; the rulers, authorities and cosmic powers of this Dark Age. (Eph 6:12) **Yes, you cannot fight these evil spirits alone because, Jesus said; "Man's power is of no use at all to fight evil spirits," (Jh 6:63) however you will receive help from the Holy Spirit" (Jh 14:16-24) to fight against evil spirits & protect your freedom from the 'power of sin' which is "Your Sinful-Self". This truth was convincingly explained in Chap 28: "Help comes from the Holy Spirit".**

You have also understood; heaven rejoices when you repent & reconcile with God. (Luke 15:7 & 10) And God is highly pleased when you repent, reconcile with him. (Is 54:17) In repentance, God restores all blessings that you lost due to sin. (Joel 2:18-27 & Luke 15:17-24) Yes, when you reconcile with God, he restores blessings that you lost due to sin in double measure (Is 61:7 & Zech 9:12) because "God does not withhold anything good to those who do what is right". (Ps 84:11)

Now it is very, very important for you to understand that; "Just by repenting for sins and reconciling with God you will not get the final reward - Eternal Life". Because, the evil spirit which goes out of you when you repent and reconcile with God will bring seven more evil spirits to tempt you more intensely & make you fall again in sin. Jesus spoke about this truth as; 'Return of the evil spirit.' (Lk 11:24-26) **Yes dear believer, till the last breath in your life the Satan will tempt you & deceive you to make you fall so as to captivate your soul. (2 Cor 11:3)**

Yes, the devil which is roaming around like a lion to devour you (1 Pet 5:8) will try to influence your 'sinful nature' which are your weaknesses & desires for sin. He will try to trap you in old sins which you have given-up. Now if you give-in for temptations and commit sin, you will once again become his slave and lose your freedom in Spirit (Gal 5:1) to live as God's privileged children. (Bar 4:3-4) St Peter said; "If people have escaped from the corrupting forces of the world through

the knowledge of our Lord & Saviour Jesus Christ and then are caught and conquered by them, such people are in worse state at the end than they were at the beginning. It would have been better for them never to have known the way of righteousness, than to know it and then turn away from the sacred command that was given to them. What happens to them is; "It is like a dog which goes back to what it vomited" and "A pig that has been washed and goes to roll in the mud. (2 Pet 2:20-22)

Dear believers, in spiritual life "Repentance" is one thing, and "Forgiveness of sins by God" is another thing. But complete "Freedom from the power of sinful-self" is totally a different thing. The spiritual truths on these three 'Status in Spiritual life' were deliberated at length in this book with every detail supported with biblical references. Now you have reached the pinnacle in spiritual life which is; your fight against 'Desires for sin & Weaknesses' which are your enemies. It is known as; "Power of Sinful-Self". (Col 2:11) ***Jesus offers freedom from the power of sinful-self. He said; "Because of my covenant with you that is sealed with blood of sacrifices, I will set you free from the waterless pit of exile." (Zech 9:11)*** Further the Holy Spirit gives guarantee, that; "You shall receive what God has promised his children." This assures; God will give complete freedom from the power of sinful-self to those who sincerely desire & seek his help. (Eph 1:14)

Dear believer, in your fight against your sinful-self for freedom, you should know certain spiritual truths which will bring awakening in you to realise that you are living life foolishly. (Eph 5:10-17) For God said; "My people are dying for lack of Knowledge, (Hos 4:6) because their mind has been kept in dark by the evil god of this world. (2 Cor 4:4) ***The spiritual truths explained below will encourage you to turn away from sins and fight against the enemy which is your sinful desires & weaknesses.*** This enlightenment will give you wisdom to use "God's Words as weapons", (1 Tim 1:18) and as "double-edged sword", (Eph 6:17 & Heb 4:12) to fight the Satan which lures and captivates you as slave for sin, if you are not wise/cautious. (2Tim 3:1-7, 1 Pet 2:10-16)

This enlightenment will help you to gain eternal life which Jesus promised. (Jh11:25-26) The understanding on following spiritual truths will give enlightenment that; "You belong to God, (Is 43:1-7) and you have been created with a purpose; which is to Glorify God". (1Cor 6:19-20) *If you glorify God by honouring him; "Firstly, you will gain freedom from the power of sin which is your sinful-self." Secondly; "You will gain eternal life which Jesus has promised". After death your soul will return to Jesus who is the Shepherd & Keeper of your soul. (1 Pet 2:25*

"SPIRITUAL TRUTHS THAT ARE HIDDEN FROM MANKIND"

Spiritual Truth - 1:

1. You have been created in the likeness of God: God exists in the form of "The Holy Trinity". The Holy Trinity comprises; God the Father, God the Son and God the Holy Spirit. They are three individual persons, but they co-exist as one Almighty God. And God said; man has been created in the likeness of God, in similarity or in likeness of the Holy Trinity. (Gen 1:27) Therefore, man exists in the form 'Trinity' which is 'human trinity'. **Human trinity comprises; our physical body which can be seen, an active soul & a living human spirit that God has breathed in our body which cannot be seen.** (Wis 15:11 & 1 Cor 15:44)

Spiritual Truth - 2:

Human body lives by Words spoken by God. Yes, because human beings were created by Words spoken by God, they also live by words that proceeds from his mouth. That is why Jesus said; "Man does not live by bread alone; but by every word that proceeds from the mouth of God". (Mat 4:4) Further Jesus said; 'The words I have spoken is the source of life. (Jh 1:4) And the words spoken by me brings God's life-giving Spirit in you" so that you may live by my word. (Jh 6:63 & Hosea 14:8) That is why King Solomon said; "No ointment or medicine cured them; they were restored to health by your word O Lord, which heals humanity," (Wis 16:12) and it your Word that maintains those who put trust in you. (Wis 16:27) Therefore God said; "Pay attention to what I say my son. Listen to my words. Never let them get away from you. Remember them and keep them in your heart. They will give life & health to those who understand them. (Prove 4:20-22) Consequently, our body lives life in all its fullness by Words spoken by God. (Jh 10:10)

Spiritual Truth - 3:

The active soul which God has breathed in you will continue to live forever after you die. Yes, the soul & the human spirit which God breathed in human body is God's own Spirit and hence it cannot die. I will continue to live forever. God has decreed that the active soul which he breathed in human body will never die. (Wis 1:14 & 2:23) Yes, after the Most High has pronounced the final decree that a person shall die, his soul leaves the body and returns to the Creator who gave it. Immediately it praises the glory of the Most High. (2 Esd 7:78) The Bible says; Jesus is the Shepherd and keeper of our souls. (1 Pet 2:25)

Spiritual Truth - 4:

God wants that we should live a spiritual life. (Rom 8:1-17) Our physical life on earth is concerned with eating and multiplying. God

provides food for nourishment of our physical body. (Ps 104:27-28) **But, the soul which God has breathed in our body is also a living being which needs nourishment. The soul gets its nourishment through active spiritual life.** If your life is controlled by worldly desires of mind and natural desires of body, then you live a worldly life in which the soul does not get nourishment. Hence it will live in gloom which will result in its spiritual death. (Ps 107:10-12) But, if you enrich yourself in the life-giving Spirit of God (Jh 6:63 & 68) by worshiping him & reading Bible every day before sunrise, (Wis 6:12-21) and renew your body & soul day-by-day, (2 Cor 4:16) by singing God's praises (Ps 22:3) and by meditating on God's words day & night, (Sir 6:37) and live life by obeying Word of God (Lk 11:27-28) then the life-giving Spirit of God and the good deeds which you do by obeying God (Mat 7:21) will nourish your soul. In such spiritual life your soul will thrive. (Prove 4:20-22) Mary said; "My soul rejoices in Lord my Saviour. (Lk 1:46-47) David said; 'My soul rejoices in the Lord'. (Ps 35:9) Yes, our soul will rejoice in God's Spirit & in our good deeds. (2 Tim 2:21) **God wants you to live a spiritual life so that your soul will rejoice in God always. (Phil 4:4) If soul rejoices your mind and body will be healthy. (Mal 4:2)**

Spiritual Truth - 5:

God wants we should glorify his Spirit in our body; because, we do not belong to ourselves but to God. He said; "I have called you by name; you are mine", (Is 43:1) you are precious in my eyes. (Is 43:4) You will be like a beautiful crown for the Lord, (Is 62:3) because you are my son; today I have become your Father. (Ps 2:7) You are my dearest son, the child I love best. (Jer 31:20) You do not belong to yourself but to me. I have purchased you from the slavery of sin by paying a price; 'Precious blood of Jesus'. **"Therefore, you are to remain holy in everything (1 Pet 1:15) and use your body for glorifying God's Spirit in all things you do".** (Is 43:7, Jer 32:38-39, and 1 Cor 6:19-20)

Spiritual Truth - 6:

God has a plan for you: God said I alone know the plan I have for you; plans to bring you prosperity and good future you hope for. (Jer 29:11) In his plan God does everything good for those who love him. (Rom 8:26) Yes, in his goodness God wants to give you everything best for you to live a good, healthy & prosperous life on this earth. (Jer 32:40-42 & Mal 3:6-12) Further in his mercy God is cleansing you from all impurity, (Wis 12:1-2) by leading you in repentance, (Rom 2:4) so that your soul is not lost for the Satan and perish in hell. In his plan by leading you in repentance God wants to give you eternal life to rule with him in heavenly world. (Wis 3:8, Ps 8:6 & 2 Tim 2:11-12) Thereby you will be a member of heavenly family with Christ as its head. **Yes,**

in Eternal Plan of God at the right time he will gather you along with all creation in heaven & on earth as one family with Christ as head. All things are done according to God's plan & decision. God has chosen us to be his own people in union with Christ because of his own purpose, based on what he had decided from the very beginning. (Eph 1: 7-11)

Spiritual Truth - 7:

God's plan for you will be revealed through faith: St Paul says; God's Plan for you will be made known through faith. (1 Tim 1:4) God does not write his plan for every individual like how we draw a plan for our house on a drawing board. In his plan God has chosen you to bear much fruits, the kind of fruits that endures. (Jh 15:16) It means God wants to cleanse you from all impurities (Jh 15:3) and make you as his instrument (2 Tim 2:21) to use you in the great work of Salvation. Consequently, when you become his instrument to work for salvation you also work to accomplish God's eternal plan to establish a heavenly family with Christ as its head. (Eph 1:7-11) Therefore God comes as light in your darkness ((Mat 9:5) guides your feet in the wilderness of this sinful world, (Ps 119:105) directs you to walk in his path (Is 30:20-21) and leads you in the roads that you have never travelled. (Is 42:16) Further, Jesus Christ counsels you in all your difficult situations through his words and leads you to do his will day-by-day. (1 Jh 2:27)

If you wait upon Jesus every day early morning between 3 and 6 AM, seek his face & read his words, his Spirit will give you wisdom to discern God's will for you day-by-day, and fill you with grace to obey his will. *If you chose to live life in this manner, Jesus who is light of the world (Mat 9:5) will unfold his plan for you and open your mind to understand his plan. (Lk 24:36-47) If you continue to do what God tells you every day in prayer, he will transform you inwardly! (Rom 12:1-2) And you will soon realise God is changing your life, making it beautiful, worthy and meaningful for the Kingdom of God. You will experience peace in all your thoughts and actions. (Col 3:15) This is how Christ will give you discernment on God's plan which he has kept for you. It will be known to you through faith progressively. (1 Tim 1:4) To please God and to progress in Spiritual life you must obey his plan.*

Spiritual Truth - 8:

God wants you to make his presence as permanent experience in you: God is holy. He wants people who are created in his own image must remain holy in everything. (1 Pet 1:15-16) Yes, our body is the temple of the Holy Spirit where God lives. (1 Cor 3:16-17) *Therefore we must honour God (Mat 22:37-40) by remaining holy in everything*

and glorify God's Spirit in us. (1 Cor 6:19-20) If we commit sin, evil spirits will abide in us, thereafter entice our mind and abuse our body to commit sin repeatedly. Consequently, our body which is the temple of the Holy Spirit becomes house of thieves. (Jer 7:11) St Paul said; "Try to find what pleases God. (Eph 5:10) Do not be fools but try to find out what God wants you to do. (Eph 5:17) If you please God in life then; God's call, his choice of you and his presence will be a permanent experience in you. And you will never abandon your faith. (2 Pet 1:10)

Spiritual Truth - 9:

God wants to use you as his instrument: God is pleased with people who are humble and repentant in heart. (Is 57:15-16) He will fill them with the Holy Spirit, (Lk 11:13) and lead them by the roads that they have never travelled. (Is 42:16) He will open their mind for Scriptures, (Lk 24: 36-49) and reveal them spiritual truths. (Jh 8:32) He will fill them with fruits of the Holy Spirit, (Gal 5:22) and give gifts of the Holy Spirit. (1 Cor 12:7-11) Further, he will anoint them, (1 Sam 10:1) and empower them with authority over evil spirits (Lk 10:19) and use them as his instrument to work for the Kingdom of God, which is to proclaim Jesus & witness him to the ends of the earth. (Acts 1:8)

So, offer yourself to God as a living sacrifice, dedicated to his service & pleasing him. This is the true worship you should offer. Do not confirm yourself to the standards of this world, but allow God to transform you inwardly by a complete change of mind. Then you will be able to know the will of God-what is good & pleasing to him and is perfect. (Rom 12:1-2) *Such good thing will happen if you hear God's voice, surrender your life and obey him. (Heb 3:7, 15 & 4:7) Because God has promised us; "If any one makes himself clean from all those evil things, he will be used for special purposes because he is dedicated and useful to his Master ready to be used for good deeds. (2 Tim2: 21)*

Spiritual Truth - 10:

Bible is not a religious book, but it is "A Book of Life". People have wrong notion about Bible that; 'it is a religious Book and hence it should be read only at the place of worship'. They regard Bible as holy and place it at the altar in their house and read it only at prayer time. No, it is not so. Bible is a book in which words spoken by God are written on the inspiration of the Holy Spirit by chosen people. (2 Tim 3:16) Bible is a manual which God gave mankind to teach how to live righteous life so as to please God & live life in all its fullness. (Jh 10:10) It teaches us how to overcome the power of sin; 'sinful-self', (Col 2:11) and live a holy life to come closer to God and know his unending mercy,

(Ps 100:5) his power, (Num 11:23) his everlasting love (Jer 31:3) & his sacrificial love. (Jh 3:16-19) Bible teaches how to protect our body from the Devil so that our body-temple of the Holy Spirit is not hurt by sin (Sir 19:4) which causes sickness. (Prov 7:1-11) Bible also teaches how to save our soul from eternal fire & gain eternal life. (Jh11:25-26)

Further, Words in Bible will guide our feet, (Ps 119:105) and light-up our path. (Jh 8:12) It will lead us in the roads that we have not travelled, (Is 42:16) give spiritual strength, (Acts 3:19-20) and counsel us in difficult times. (Is 9:6 & 1 Jh 2:27) It will give us new life when our spirits are dead, (Is 40:28-31 & Zeph 3:17) by healing our body, mind & soul. (Wis 16:12, 27 & 8:1) Bible gives solutions for all problems (Is 61:18-20) and guides us in all situations. (Sir 50:28-29) Bible words will give peace to our mind in all circumstances. (Jh 14:27) Bible Words brings God's life-giving Spirit in us (Jh 6:63) and it acts as double-edged sword to deliver us from evil bondages. (Heb 4:12) And those who retain Bible words in heart & obey them will have life in them and they will be healed from sicknesses. (Prov 4:20-22) They will live life in all its fullness for streams of life will flow from their heart, (Mat 7:28) and they will experience rest in soul. (Mat 11:28 & Heb 4:1-10)

Therefore, we must read Bible not only when we worship Christ, but also in leisure time, when we are confused and distressed. Most importantly we must read Bible when we go through temptations, trials & tribulation, because God's words will help us to overcome our distress and guide us in right path. (Prov 3:5-6) We must accept Bible words for ourselves with a mind-set that; "God has spoken those words for me so that I may live a righteous life". We must live with God's words in mind and obey them (Lk 11:28) so that the Holy Spirit will 'enlighten our wisdom' give 'clear thinking' and direct us in the path that God wants us to follow. (Is 30:20-21) If we accept Bible in this manner, live with God's words meditating on them day & night (Sir 6:37) then the sun will not be our light during day nor the moon be our light by night. **The Lord who dwells in his Words (Jh 1:1) will be our eternal light. The Light of God's Glory will shine on us (Eph 5:14) more lasting than the sun and moon. Our days of grief will come to an end and we will live in God's presence (Is 60:18-20) always rejoicing in him. (Philippians 4:4)**

Every day if you read Bible in before sunrise, (Wis 6:12-21) in the evening, in free time and meditate on God's Words, he will give you wisdom & insight that you are looking for. (Sir 6:37) God will open your eyes for faith. (Lk 24:25-32) Also he will open your mind for Scriptures (Lk 24:37-46) and you will be able to understand spiritual

truths which are hidden from mankind. (Col 1:24) Further God will give you peace at all circumstances, (Wis 6:15) and bless you with spiritual power to overcome your weaknesses & desires for sin. For God said; "The desire for wisdom (Jesus) will prepare you to rule the kingdom of darkness". (Wis 6:20-21) If you meditate on God's words day and night you will always be united with Jesus, (Jh 15:1-5) live in his presence and enjoy fullness of Christ in you. (Col 2:6-23 & 3:1-17) **Thus, God's call, his choice of you and his presence will be made a permanent experience in you. And you will never abandon your faith. (2 Pet 1:10) Consequently, you will accomplish God's plan for you (Jer 29:11) which will enable you to take part in God's eternal plan. (Ephesians 1: 7 -11)**

Spiritual Truth - 11:

When we commit sin, we invite evil spirits in our body and the evil spirits bind our body and soul with invisible chains: The truth is; "the Spirit of God is burning around every one of us as a wall of fire to protect us from the evil spirits". (Zech 2:5 & Jer 15:19-20) Yes, the Lord says; I will protect and defend you like a wall. (Is 61:18) As long as we keep ourselves free from sin, the evil spirits cannot breach this wall of fire and enter our body. But when we commit sin, we our-selves breach this wall of fire by making a hole in it and invite the evil spirits in our body. When the evil spirits enter our body, they enslave our mind and abuse our body to commit sin again & again. Consequently, we become captives and refugees of the Satan, (Ezkl 12:11-12) and our body & soul are bound by invisibles chains. (Wis 17:17 and Psalms 107 :11-12) That is why God said; "You went away as captive because of your sins; you were sent away because of your crimes". (Is 50:1-2)

This truth was spoken by King Solomon in Scriptures. He said; "Farmers, shepherds and labourers out in the countryside (refers to mankind) were captured by the same inevitable fate (Sin) and bound in the darkness by the same invisible chain." (Wis 17:17) Yes, when we commit sin, the evils spirits enter our body. They steal the freedom that Christ has given us, (Jh 10:10 & Gal 5:1) and bind our body and soul with invisible chains. Consequently, we live in gloom and spiritual distress. **King David also spoke about this truth.** He said; "Some were living in gloom and darkness, prisoners suffering in chains, because they have rebelled against God by sinning and rejected his instructions. (Ps 107:10-11) Prophet Baruch said; if we commit sin, we lose the privilege of being God's free children, (Bar 4:2-4) and we live in pain and suffering because of our transgressions. (Lam 1:5) **Job said; God corrects a man by sending sickness & filling his body with pain. (Job 33:19) And God teaches men through sufferings & uses distress to**

open their eyes. (Job36:15) The truth is; if people are bound in invisible chains, suffering for what they have done, God shows them their sins and pride. (Job 36:8-9) **Yes, our sins bind us with invisible chains.**

Spiritual Truth - 12:

Our sins bring physical sickness in body & spiritual sickness in soul: The evil spirit which enter our body as we read above will not only bind our body and soul with invisible chains. They will also plant sickness in our body thereby our flesh and muscles will be eaten away. (Jas 5:2-3) Solomon has spoken about this truth in Prove Chap 2 to 7. Also, they will plant satanic sickness in body which cannot be healed by medicine. The satanic sickness can be healed only through fasting & prayer. Further, the Satan will plant spiritual sickness in mind & soul. He will steal fruits of the Holy Spirit in us and plant; hate, sadness, restlessness, impatience, cruelty, wickedness, unfaithfulness, pride and remove self-control in us. Further he will corrupt our mind with; fear, depression, doubt, enmity, vengeance & revenge. Consequently, we will be sick in mind & soul. The physical sickness, satanic sickness & spiritual sickness will make us to live in gloom & darkness. We will live in distress, negative feeling & lose joy of the Lord. (Ps 107:10-12)

We can understand the relation between Sin & Sickness form the healing episodes. When Jesus healed a paralysed man who was lowered from roof, he said to him; "your sins are forgiven". And that man was healed. Thus, Jesus proclaimed; "His sins had bound him with invisible chains and hence he was paralysed. (Lk 5:17-26) After healing a man who was lying near the pool Bethesda for 38 years Jesus met him later at the Synagogue, and said; "Do not sin any more or much worse thing would happen to you." (Jh 5:1-14) Jesus warned him that his sins were the cause for his sickness. Consequently, Jesus revealed the truth on the relation between Sin & Sickness, that; our sins will bring sickness in our body. (Sir 18:20-21, Sir 38:9-10 and Is 38:1 - 8) Yes, if you sin, your sins will hurt your body with sickness. (Sir 19: 4)

Spiritual Truth - 13:

The Satan is a liar & deceiver who will destroy your body & soul: Jesus said the Satan is a liar & deceiver. (Jh 8:44) He is roaming around like a lion to deceive and devour children of God. (1 Pet 5:8) That is why Jesus warned; "Be on guard. Do not let anyone to deceive you." (Mk 13:5) Yes, the Satan will disguise himself to look like an angel of light and deceive you". (2 Cor 11:14) He is the cunning beast who led one third of the angel to rebel against God and brought them out of the paradise. (Rev 12:4 & 9) He comes to destroy all blessings that

God has given you. Yes, the deceiver will entice you, make you fall in sin and captivate your mind, then abuse your body which is the temple of Holy Spirit. (1 Cor 3:16) **The Satan will steal fruits of the Holy Spirit in you**, which are; love, joy, peace, patience, kindness, goodness, humility, faithfulness & self-control and make you a slave of sin. **He will kill the active soul in you & make it dead for God. And he will plant sickness and destroy your body.** (Jas 5:2-3) If you die in this condition without repenting for sins, your soul will be condemned for eternal damnation. This is what Jesus said; the Satan comes in order to steal, kill and destroy. (Jh 10:10) Yes, the Satan will destroy your blessings.

Spiritual Truth - 14:

The Satan enters people through eyes, captivates their mind and works day & night to abuse their body. Yes, if we are careless in using eyes to see filth, read filth, watch sinful pictures & videos, the Satan will enter our mind through eyes. Having entered he will work in us day & night and make us refugees/slaves for sin. The sinful pictures & videos which we have seen will entice our mind and the Satan will tempt us with sinful fantasies. If we entertain such thoughts/fantasies we will be committing sin in heart. (Mat 5:27-28) Then those sinful thoughts & fantasies will lead us/force us to abuse our body repeatedly by indulging in sin. That's why all over the world we see people abuse themselves by indulging in sin, such as; smoking, drugs abuse, liquor abuse, prostitution, pornography, self-abuse, forbidden relation, gay & lesbian relations, incest, sex with animal, child abuse, rape, gang rape, adultery, terror acts, wicked behaviour, corruption, immorality, idolatry, swapping spouse for sex and other wickedness. (Gal 5:16-21)

Further, the seed of sin-the original sin sowed in us (Rom 7:14-20) pours out sin from heart. The evil spirits which enter our mind through eyes will influence our thoughts & lead us to indulge in sin and live in sin. That is why people live with greed, enmity, lust, hatred, ego, pride, grudge, bitterness, vengeance, and revenge. **Jesus said; these sins pour out of people's heart.** (Mat 10:21-24) They are not able to give-up these sins because their minds are in darkness. The evil god of this world have blinded their minds and kept them in darkness. (2 Cor 4:4) He keeps them from seeing the light of Christ shining on them. (Is 61:18-20 & Eph 5:14) These sins will take away peace and plant sickness to destroy our body. **The cunning beast Satan lures people through eyes, captivates their mind and abuses their body by making them to indulge in sin repeatedly.** Jesus said; "The eyes are lamp for the body. If your eyes are sound your body will be full of light. But if your eyes are bad your whole body will be in darkness". (Mat 6:22-23)

Spiritual Truth - 15:

Our body is waging war against our soul to indulge us in sin.

The Satan sowed the 'Seed-Sin' in human flesh when Adam & Eve disobeyed God. This sin has spread to the whole human race because everyone has sinned (Rom 5:12) and gone away from saving presence of God. (Rom 3:23) The 'old yeast-sin' lives in human flesh, (1 Cor 5:7-12) and hence man is weak in flesh for sin. (Mat 26:41) Though man wants to live a life free from sin, yet the 'Original Sin' in human flesh makes man weak and deceives him to live a sinful life. (2 Tim 3: 1-7)

That is why St Paul said; there is always 'Conflict in Man.' The conflict is between; 'Being holy and doing evil'. Yes, our soul desires to live a holy life, but the desires of flesh lead us in sin. (Rom 7:14-20)

That is why St Peter said; do not give in to bodily passions which are always at war against the soul. (1 Pet 2:11) People of this world fail to understand this spiritual truth. That is why they commit sin endlessly, though they want to avoid sin. They continue to live in sin because their flesh is waging war against their soul. And their soul is losing in this war because, they fall in God's grace to hold on to Christ in trials/temptations and thus live in sin. But Christ promises to fill us with grace for he said; "Where sin increased God's grace increased much more". (Rom 5:20) Jesus assured to fill us with grace & said; "My grace is all you need. My power is the greatest when you are weak." (2 Cor 12:9) To receive this grace we need to fast and pray so that God's favour will shine upon us and we will become spiritually strong by the grace that Christ gives (Acts 3:19-20) and fight against flesh which is waging war against our soul and win victory in this spiritual war. (Gk Est 10 F:6-9)

Spiritual Truth - 16:

If you do not repent and turn away from sins now, then the Satan will take you to a point of "No-Return" where you can never repent:

God said; "Time will come when people will not listen to sound doctrine, but will follow their heart desires and collect for themselves more and more teachers who will teach them what they are itching to hear. They will turn away from listening to truth-Christ and give their attentions to legends". (2 Tim 4:3-4) Such awful thing is already happening in the world where people have turned away from God and listen to legends/false prophets. Because they turn away from God, they live by desires of mind & body. Such attitude drives them to indulge in satanic worship/pagan worship/cult worship. (Rom 1:21-23)

Money, pleasure and entertainments have taken precedence over God. Further, people are also turning away from the gift of sex

between man & women in marriage. Marriage which was blessed by God (Gen 1:27-28) has lost its importance. (Heb 13:4) And people are adopting to new form of sexual life; to enjoy sex with a person of same sex instead of glorifying God by making love with a person of opposite sex in marriage. (1 Cor 6:19-20) People desecrate the sanctity of marriage by man and women living together for sexual pleasure & fun without marriage. Thus, man is living against God will. However, the Lord says; "Repent and turn away from sin for the Kingdom of God is near." (Mat 3:2) God is warning mankind three times, thus; "If you hear voice of the Lord today do not be stubborn." (Hebrews 3:7, 15 and 4:7)

Further, God said; Return to me, I will return to you. (Zech 1:3)

*Turn to me, I will turn to you. (Mal 3:7) Come near me, I will come near you. (Jas 4:8) But, if we turn deaf ears to God's warnings and continue to live in sin and satisfy the desires of mind & body the Satan will take full control over us and deceive us to love pleasure rather than God. Consequently, we will hold on to outward form of religion; going to Church regularly, reading bible & praying. But we will reject the real power-Christ. St Paul calls this kind of religious practice as external ceremonies. (Phil 3:3) Such people will be burdened by guilt of their sins and driven by all kind of desires. They will try to learn, but they can never learn or repent. (2 Tim 3:1-7) **Because by now the Satan would have taken them to the point of 'No-Return' where they can never repent & he will gain full control over their soul. (Rom 1:28-32)***

Spiritual Truth - 17:

The Satan blinds people's mind for truth on eternal life: The Satan is liar (Jh 8:44) and a deceiver (2 Cor 11:14-15) He is the evil god of this world who keeps the Gospel hidden from people. He blinds their mind lest they see the light of Christ shining on them, the light that comes from Gospel about Glory of Christ. (2 Cor 4:3-4) Yes, the Satan deceives people's mind and keeps them busy; fully occupied with worldly events, worldly desires/attractions, late night entertainments, electronic entertainments, video games, chatting on social media, dating, late night parties and other sinful entertainments so as to deviate them from spiritual life. People will be always busy with their engagements. They will have no time for reading Scriptures, observing fasting, praying & for their spiritual life. **Consequently, they will become spiritually weak & lose attention on the importance of eternal life. They will be lost for this world, there-by they will also be lost for Jesus Christ.**

Because people don't give importance to spiritual life, they do not examine their soul. They have no inclination to introspect

their sinful life to repent and to confess their sins. Because the Satan keeps them busy with worldly events & affairs, they will not be conscious about their sins or for their spiritual needs. Further the Satan will not allow them to repent, turn away from sin and confess them to receive absolution in the Sacrament of Confession. Progressively over a period of time their life will become very materialistic, mechanical & oriented towards pleasures of body & mind. They will not attend to the spiritual needs of their soul. Consequently, their soul will die for God, and they will become a soft target for the Satan. *About them Jesus said "Wherever there is a dead body, the vultures will gather." (Luke 17:37)*

The meaning for this word is; if you do not give importance to your spiritual life and attend to the spiritual needs of your soul, your conscience will be dead for God. And over a period of time your active soul will lose life because it can't rejoice in the worldly material life. Therefore, your soul will be dead for God. If your soul is dead for God, then, your body is vulnerable to all kinds of sins. Consequently, you will become an easy target for the Satan. He will lure you, sink you deep in sin and take you to the point of 'No-Return' where you can never repent. *Here, Jesus refers to the soul which is dead for God as the dead body. And he refers to sin as the vultures. He says; if your soul is dead for God more & more sins will abide in your body. If you die in this status without repenting for your sins and without receiving absolution in the Sacrament of Confession, then you will lose God's free gift- Eternal Life (Rom 6:23) which Jesus has promised. (Jh 11:25-26)*

Spiritual Truth - 18:

The Satan makes attempts to steal God's free gift-eternal life. (Rom 6:23) That is why Peter said; "Be alert, be on the watch! Your enemy, the Devil, roams around like a roaring lion, looking for someone to devour. (1 Pet 5:8) He enters our life to steal God's Precious Gift-Eternal Life. (Jh 10:10) The fallen enemy always works against God's plan for us in which God promised; "I alone know the plan I have for you; plans bring you prosperity and not disaster, plans to bring about good future you hope for". (Jer 29:11) The Satan who knows that God has kept prosperous life & good future for us is jealous of us as written in Wisdom 2:23-24. Therefore; to steal our blessings on earth and to destroy our eternal life, he lures us and deceives us with his tricks to make us fall in sin. Then he binds us with invisible chains, (Wis 17:17 & Ps 107:10-12) and enslaves us as slaves of sin. (Is 50:1-2 & Jh 8:34) He makes us captives and refugees for evil bondages. (Ezkl 12:11-12) That is why Jesus warned us four times to be cautious about the thief. He said; "Be on guard. Do not let anyone deceive you. (Mark 13:1-37)

Jesus said; the thief comes in order to steal, kill and destroy. The thief-Satan will entice you to commit sin, make you a captive & refugee for sin (Ezkl 12:11-12) and abuse your body by forcing you to indulge in sin again & again. (Rom 7:14-20) Further, he will deceive your mind to justify your sins and keep you away from repenting for your sins as you read in Para-16 above, so that he can steal your priceless gift-'eternal life' if you die in sin. This is the Satan's plan for you. He will to steal your blessings for a good life on earth by making you to disobey God & destroy your soul in the lake of fire. (Rev 20:10)

Spiritual Truth - 19:

The struggle we go through in this sinful world to overcome temptations and reject sin is called as: 'Holy War'. The powers of darkness are fighting against us to captivate us as slaves of sin so as to steal our prosperity & good future which God has promised us in his plan (Jer 29:11) and to destroy our soul for eternity by denying God's free gift "Eternal Life" (Rom 6:23) which Christ has promised us. (Jh 11:25-26) As Christians we are not fighting against human beings, but we are fighting against wicked spiritual forces of the heavenly world. *Yes in spiritual life, we are fighting against powers of darkness to set ourselves free from the power of sin; which is our sinful-self. (Col 2:11)*

>> St Paul said: "We are not fighting against human beings, but against the wicked spiritual forces of the heavenly world, the rulers authorities and cosmic powers of this dark age". (Eph 6:12 & Gal 4:3)

>> King David said: "God trains me for this battle and prepares me for war, (Ps 144:1) so that I can use the strongest bow". (Psalms 18:34)

>> St Peter said: "The desires of flesh are waging war against our soul (1Pet 2:11) so as to bind our soul with invisible chains. (Wisdom 17:17)

>> St Paul said: "In this spiritual war you must use Word of God as powerful weapons to fight well against the powers of darkness." (1 Tim 1:18) He said so, because; God's word is a double-edged sword. It will cut all the way in between our soul & the evil spirits which enslaves our soul and deliver our soul from slavery of sin. (Ezkl 34:27 & Heb 4:12)

>> St Paul said: "In this holy war against the Satan, the weapons that we use are not world's weapons, but God's powerful weapons which you must use to destroy the strongholds of the enemy". (2Cor 10:3-6)

>> Isaiah said; "God has called out his proud and confident soldiers to fight this Holy War and to punish those who he is angry with." (Is 13:3)

>> Finally, God says; no weapon will be able to hurt you. (Is 54:17) "Do not be afraid of your enemies, for I the Lord your God will myself go before you and fight for you". (Duet 3:22) You will win victory not

by military might or by your own strength, but by my Spirit. The obstacles as great as mountains will disappear before you." (Zech 4:6-7) Now, you will see for yourselves that the Lord your God will go ahead of you like raging fire & give victory against your enemies. (Duet 9:3) God assures us; "When you pass through the sea of trouble, I the Lord will strike the waves, (Zech 10:11) for "The Battle belongs to the Lord"

Spiritual Truth - 20:

God has given his Armour to protect ourselves in this fight against the wicked spiritual forces of the heavenly world, the rulers authorities and cosmic powers of this Dark Age. God has commanded us to use his 'Armour', which are; "Faith" (as shield), "Salvation" (as helmet), "Righteousness" (as breast plate), "Truth" (as waist-belt), "Readiness" to announce Word of God (as shoes) and "Word of God" (as Sword). Also, God wants that we should 'Pray at every occasion' as the Spirit leads, so that we will be able to resist the enemies' attack, and after fighting to the end we will still hold on to 'Faith' and remain faithful to Christ. (Eph 6:12-18) The Armour of God was explained in detail in the Chapter No - 16: "Fight temptations with Armour of God" in the Book "God's Call for Repentance: Part-II", hosted in this Web-site.

Spiritual Truth - 21:

Our Temptations will continue till the last breath on earth. Yes, you will continue to encounter temptations, trials and tribulations in earthly life till your last breath, because the Satan wants to deceive more & more people to gather their souls and destroy them. (Jh 8:44 & 1 Pet 5:8) Therefore as long as our body lives, we will continue to encounter temptations, trials & sufferings. However, Jesus said; **"The world will make you suffer. But, in your tribulations remain united with me (Jh 15:1-5) for I have defeated this world. (Jh 16:33) Further, he said; "if you continue endure with me, you will also rule with me." (2 Tim 2:12)** Yes, if we endure temptations, trials & tribulation with mind focused on Christ, without losing hope on Salvation, for which we are called for, (Eph 1:18) then, after death, we will be united with Christ in the Heavenly World & rule with him in heavenly Kingdom. (Mat 5:19)

Spiritual Truth - 22:

All things are possible for those who believe in Jesus Christ: We may think that it is impossible for us to repent truly and turn away from sin. Because; in this fight against sin, the Satan will make our life so miserable that, we will think we cannot continue this fight any more. We will feel like giving up faith. But God says; "My son, if you are going to serve the Lord be prepared for times when you will be put to test.

Be sincere and determined. (Josh 1:9) Keep calm when trouble comes. Stay with the Lord, never abandon him and you will be prosperous at the end of your days. Accept whatever happens to you. Even if you happen to suffer, be patient. Like Gold is tested by fire, human character is tested in the furnace of humiliation. Trust the Lord, he will help you. Walk straight in his ways & put your hope in him. (Sir 2:1-6)

God will lead you along difficult path and he will make you so afraid that you will think you cannot go on. *The discipline that God demands will be tormenting and he will put you to the test with his requirements until he trusts you completely. (Sir 4:17) Further, in our fight against sin, if we turn away from sin to live righteous life, the whole world including our loved ones will turn against us. (Mat 10:21) That is why Jesus said; "Do you think that I have come to bring peace to the world? No. I did not come to bring peace, but a sword. (Mat 10:34) If you turn away from sin, if you turn away from wickedness & speak truth there will be division among you. Everyone will hate you because of me. Whoever holds till the end will be saved". (Mat 10: 22)*

Yes, dear believers, all options are available for us to fight against sin and still live a righteous life in spite all tribulations. *For, Jesus said; "With me you can do all things." (Jh 15:4-5) And "All things are possible for those who believe." (Mk 9:23) Because Jesus is the source of all blessings (Hos 14:8, Jh 1:4) he will provide everything we need to live righteous life in our fight against sin from abundance of his wealth. (Phil 4:19) Yes, we have a God "Jesus Christ" for whom nothing is impossible. (Num 11:23 & Luke 1:37) If you trust in Jesus, you will never be disappointed. "(Rom 10:11) St Paul said; "You can do all things by the power that Christ gives you." (Phil 4:13) By holding on to Jesus you can walk on snakes and scorpion and overcome the power of the enemy; which is our sinful-self & conquer sin. (Lk 10:19)*

Spiritual Truth - 23:

God's word works as a hammer and burns as fire: *In spiritual life if we turn away from sin and do the work of Salvation, we are sure to encounter obstacles, predicaments, bondages, bindings, trials and tribulations. The Satan will tempt us and trouble us in various ways & means to destroy our efforts to live righteous life. The troubles and sufferings will be so intense that; it will appear like we have come to the end of the road and there is no hope. Further, the happenings around us will be so discouraging that we may think of giving up faith.*

The Satan will create such situations to deceive our mind so as

to destroy faith. In such situations we should hold on to Christ by reading scriptures as many times as possible in a day to strengthen our faith, (Rom 10:14-17) and build courage to endure trials and tribulations. (2 Cor 6:4-10 & Heb 10:32-36) King David said; "We should not be afraid, even if the earth is shaken and the mountains fall in to the ocean depths; even if the seas roar and rage, and the hills are shaken by violence. Because, our God is with us and he will never allow us to be destroyed; at early dawn he will come to our aid". (Ps46:2-5) The Lord almighty is with us; the God of Jacob is our refuge". (Ps 46:7)

Word of God will work as a hammer & break all the strongholds of evil spirits and deliver us. Yes, God's Word will act as a hammer and break all obstacles raised against us to live righteous life and help us to fight against the power of sin. We will succeed not by military might or by our strength but by God's Words/Spirit which is a hammer that break will break rocks in to pieces. All obstacles and bondages great as mountains will disappear before us. (Zech 4:6-7) Further the Lord promises; "Now I will end the power of Assyrians over you, and break the chains/bondages that bind you". (Nah 1:12-13) "When I break my people's bondages and set them free from those who made them slaves, then they will know that I am the Lord. (Ezkl 34:27) These are God's promises to break evil bondages upon us to give us freedom.

Further, Word of God which burns as fire will burn-up all evil inflictions in us which are deceiving our mind to indulge in sin and to live in sin. Such wonderful thing will happen to us because God has promised; "My message is like a fire and like a hammer that breaks rocks in to pieces." (Jer 23:29) Our God is faithful to all his promises and merciful in all his acts. (Ps 147:13) Therefore, he will be with us and deliver us from the power of wicked (Jer 15:19-21) and the deliverance that God brings is final, (Is 51:6-8) because God promised; I myself will burn as a wall fire around my people to protect them from the power of wicked and live with them in all my glory. (Zach 2:5) And no weapon will stand against them in their fight against sin. (Is 54:17)

Let us be thankful to God for we receive a kingdom that cannot be shaken. So be grateful & worship God in a way it pleases him with reverence and awe for our God indeed is a destroying fire. (Heb 12:28-29) Yes, you will see yourselves that the Lord your God will go ahead of you like raging fire & give victory against your enemies. (Duet 9:3)

St Pauls said; "In this spiritual war against powers of darkness the weapons we use are not the world's weapons, but God's Powerful

Weapons, which are; Word of God (as our sword), (Eph 6:15) and Armour that God has given to destroy strongholds of the Satan. (Eph 6:12-18) God's Words will destroy false arguments, pull down every proud obstacle that are raised against the knowledge of God and it will take every thought captive and make it obey Christ. (2Cor 10:3-5) Yes God's Words will work as a hammer & break all strongholds of evil in us which have captivated our mind and abusing our body. Also, God's Words which is a fire will burn-up our weaknesses and sinful desires that not allowing us to turn away from sin. If you turn away from sin and please God (Eph 5:10 & 17) heavens will rejoice. (Lk 15:7 &10) So let us live with Word of God and meditate on it day and night. God will open our mind for the power that dwells in his words. (Sirach 6:37)

Spiritual Truth - 24:

Mother Mary is the guardian for the Church who will protect you from the Satan. To understand why Mary is being given high honour in the RC Church, you should know the Scriptures. Mankind came under God's judgement after Adam & Eve committed sin. *God said to Adam;* "Because of what you have done, the ground will be under curse. You will have to work hard all your life to make the soil produce enough food, until you go back to the soil from which you were formed". (Gen 3:17-19) *God said to Eve;* "I will increase your trouble in pregnancy & your pain in giving birth. In spite of this, you will still have desire for your husband. And, yet you will be subjected to him". (Genesis 3: 16)

God told the Satan (snake); "You will be punished for what you have done. You alone of all animals must bear this curse; From now on, you will crawl on your belly and you will have to eat dust as long as you live. ***I will make you and a woman (Mary) hate each other. Her offspring (Jesus) & your offspring (Anti-Christ) will be enemies. She will crush your head. You will try to bite her heel***". (Original version-Gen3:14-15)

God gave Mary the status as 'Guardian' for the Church: In God's eternal plan, he decreed that Mary & Jesus will fight against the Satan to protect mankind. Consequently, God chose Mary to be Mother of Jesus and thus she became Mother God. (Lk 1:41-45) ***God chose Mary as 'The Women' who will crush Satan's head at the time chosen by him.***

God who created this universe, human beings & all living beings through Jesus (Jh 1:1-3 & Col 1:16-18) made Mary as mother of Jesus. Thus, Mary became "Mother for all mankind." Therefore, she became the Guardian for the Church. Yes, God the Father in his eternal plan decreed that; "Mary will be mother for mankind and Guardian for

the Church." So, Mary is held in such high reverence in the RC Church. **Jesus proclaimed Mary as Guardian for the Church.** At the foot of the cross Jesus saw his mother and his disciple standing. He said to his mother; "He is your son". Then he said to the disciple, "She is your mother". From that time, the disciple took Mary to live in his home. (Jh 19:26-27) *If you meditate on these words of Jesus, the Holy Spirit will help you to understand the meaning & give the following discernment.*

Mary protects the Church from the Satan: Jesus knew that the Satan will raise against the Church. On the Cross he remembered the curse which his Father gave to the Satan when he deceived Adam & Eve to commit sin. God the Father cursed the Satan and said; "A women will crush your head and you will try to bite her heel". (Genesis 3:14-19) Though the Bible doesn't speak much about Mary, God the Father in the beginning spoke about the enmity between believers in Christ and the Satan, and said; 'Mary is the woman who will preserve believers of Jesus in faith and crush the head of the Satan and triumph in victory as it was revealed to St John in Revelation. (Rev Chapter-12)

To fulfil Words spoken by God the Father, Jesus gave his mother as "Mother & Guardian" to his disciples to protect the Ministry which Jesus entrusted to them and also to preserve faith of believers in the Church which would be raised by his disciples after him in years to come. *As "Guardian" Mother Mary protects faith of believers in the RC Church & form snares of the Satan, like how a hen protects her chicks under her wings from an eagle. Further, Mary preserves all believers in the R C Church to remain as "One Congregation" with Pope as head.*

Because Mary is the Guardian for the R C Church, which was founded by Jesus and built by his disciples, the RC Church remains as "One Congregation" without division against all perils in the spiritual world. This is how the R C Church & its believers are being preserved in faith by Mary who protects them from the Satan as their Guardian. Thus, the promise given by Jesus to St Peter was fulfilled. He promised; "Peter you are a rock and on this rock foundation I will build my Church. Not even the Satan will be able to overcome it." (Mat 16:18) Yes believers, because Mother Mary is standing as the Guardian for the RC Church, Satan can never destroy the Roman Catholic Apostolic Church.

We receive protection of Mary by meditating on Holy Rosary: God has given us wisdom & freedom to choose the kind of life we want to live. (Duet 30:1, 15 & 19) By reading Scriptures, an ordinary person with prudence will understand the spiritual truth, that; "Mother Mary is

the Guardian for him from snares of the Satan". However, some people chose not to believe in Jesus & Mother Mary. Because, the Satan come in disguise like an angel of light (2 Cor 11:14-15) and destroys their faith in Jesus, in his mother and in R Catholic Church founded by Jesus.

Further, the Satan destroys people's faith in the Sacraments instituted by Jesus which are being administered in the RC Church. Especially, they are deceived to believe in the Sacrament of Confession which was instituted by Jesus Christ himself after resurrection to absolve sins, (Jh 20:19-23) so that we do not lose God's free gift-eternal life. (Rom :23)

Mother Mary protects believers from traps of the Satan who is roaming around to destroy people's faith in Christ & in the Sacraments of the RC Church. (1Pet 5:8) If you meditate Rosary/pray to Mary, you will be under the shadow of the mantle her love and receive protection from temptations & all kind of Satanic attack. Also, Mary intercedes for us with God the Father for mercy & forgiveness. Further, she intercedes to Jesus to fill us with grace to remain firm in faith and in the teachings of the R C Church. With Mary's protection as your Guardian, the Satan cannot trap you in sin and you will not be lost for the special blessings that Jesus gives through the Sacraments of the R C Apostolic Church.

Spiritual Truth - 25

You have a guardian angel to protect and guide you. God has given everyone an Angel to guard them from all dangers that may come in our physical life and spiritual life. God warns that we should obey the angel, else the angel will punish us as we read in the book Exodus, where God said; I will send an angel ahead of you to protect you as you travel and to bring you to the place which I have prepared for you. Pay attention to him and obey him. Do not rebel against him, for I have sent him and he will not pardon such rebellion. But if you obey him and do everything, I command you, I will fight against all your enemies. My angel will go ahead of you and take you in to the land which I have kept for you. (Ex 23:20-23) Guardian angel is the one who guides, protects & leads you to accomplish God's plan for you.

Spiritual Truth - 26:

However sinful we are God's mercy never fails. (Ps 136:1) Our God is God of love. He created us in his own image & knows that we are weak for sin. (Mat 26:41) Because, sin was sowed in human flesh by the Satan when Adam & Eve committed sin. (Wis 2:23-24) That is why God sent his only Son Jesus to redeem us from the bondage of sin. (Jh 3:16) Though Christ died for our sins we have not give-up sin.

Yet, God is very kind & merciful to us, because of the following reasons: **God knows that man lives for seventy to eighty years only as compared to eternity to which there is no end.** (Ps 90:10) That is why God is very kind and merciful to us. He is slow to become angry and full of constant love. (Ps 145:8)

When we sin and go away; God waits for our repentance because; "his mercy endures forever". (Ps 136:1)

When we reject his teachings to live by desires of mind & body, he waits for us patiently to return to him because; "his mercy is as great as his majesty". (Sir 2:18)

If we are not faithful to God; he still remains faithful to his promises and shows mercy (2 Tim 2:13) because; "his love for us flows like a river that never goes dry". (2 Esdras 2:32)

If we rebel against him; God will still wait for us in his great mercy because; "he said; "All day long I wait for my rebellious people with open arms for them to repent and return to me". (Rom 10:21)

If we sin and reject him: God will not reject or forsake us for he has promised; "I will never leave you nor will I forsake you". (Heb 13:5)

If we turn away in faith and worship other gods; God still will not turn away from us, because he promised; "Mountains will crumble and hills will vanish, but my love for you will not change". (Is 54:10)

However sinful we are, God assures that; his unfailing love/mercy will still continue fresh as morning, as sure as the sun rise. (Lam 3:22-23) The Lord may reject us for a brief moment because of sins, but he will gather us with great compassion, (Is 54:7) because he says: "Israel, you are the dearest son; the child I love best. When I mention your name, my heart goes out for you; I will be merciful. (Jer 31:20) He is a God who cannot be false to himself. (2 Tim 2:13) Yes, our God will not reject us because he loves us with everlasting Love. (Jer 31:3) His mercy & goodness are always with all Israel forever. (1 Esd 5: 61)

Spiritual Truth - 27:

Our Sickness/decease will be healed by Word of God. God said; "Man does not live by bread alone but by words that proceeds from mouth of God". (Duet 8:3 & Mat 4:4) Jesus said; "Heaven and earth will pass away but the Word of the Lord will endure for ever." (Mat 24:35) **King Solomon said;** "Pay attention to what I say my son. Never let them get away from you. Remember them and keep them in your heart. They will give life and health to anyone who understand them." (Prov 4:20-22) Further, he said; "No medicine or ointment cured them, they were restored to health by your word O Lord, which heals humanity," (Wis 16:12) and "It is your word that maintains those who

put trust in you". (Wis 16:27) Jesus said, God's words is the source of life," (Jh 1:4 & Hos 14:8) and Words I have spoken brings God's life-giving Spirit in you," (Jh 6:63) and it gives life in your soul & heals your sickness. Thus, when Jesus sent forth his word, the Centurion's servant was healed of sickness. (Lk 7:1-10 & Ps 107:20) Yes, when God spoke life came in to dry bones & they became human beings. (Ezkl 37:1-10)

When Jesus spoke, his life-giving words brought healing in people. Blind people received eye sight, (Mat 10: 46-52) lame went walking, (Mat 11:4-5 & 15:31) people possessed with evil spirits were delivered, (Mat 8:28-34) and dead were raised to life. (Lk 7:11-17 & Jh 11:40-45) Yes if you believe in Word of God, it will work wonders in your mind & body. He said; "if you believe in my word it will happen to you as you believed, (Mat 15:28) because my Word is; "Breath of God" (Wis 7:25) & "Power of God". (Ps 62:11) This power was present in Jesus to heal the sick & thus he healed a paralysed man. (Lk 5:17-24)

Further Jesus said; "If you believe in my words, you will see God's glory (Jh 11:40) and he raised Lazarus form death by giving him a command; "Lazarus come out". (Jh 11:43) Words of Jesus will work wonders in us if we accept & believe in them. (1 Thes 2:13 & Heb 4:2) Yes dear believers, Words of Jesus has power to deliver your mind & soul from spiritual bondages and evil inflictions. (Mat 17:14-21) His words will heal your broken heart & mind (Ps 34:18 & 147:3) and heal your sick body from incurable deceases as he healed the lepers. (Lk 17:11-19) So, never doubt the power which dwells in Words of Jesus.

Spiritual Truth - 28:

God wants that we should claim his promises Day and Night: Man inherits blessings & prospers in life by the promises given by God. In Bible there are more than eight thousand promises which God has given to mankind, for man to live life in all its fullness. (Jh 10:10) All promises of God given in Bible are not meant for everyone. But God gives certain promises to people at different occasions to give definite blessings to accomplish the plan which God has for them. (Jer 29 :11)

God promised Abraham that he will have a child when he was seventy-five years old. (Gen 12:1-4 & 15:1-6) Though Abraham he was very old to father a child, yet he believed in God's promise. God was faithful to his promise & blessed Abraham with the promised child Isaac when he was hundred years old. (Gen 21:5) **God promised Jacob** to give the land where he slept for him & his descendants. (Gen 28:13) Also he promised Jacob "I will be with you to protect you wherever you

go & I will bring you back to this land. I will not leave you until I have done what I have promised you." (Gen 28:15) God fulfilled all promises that he made to Jacob as written in the Chapters: 28 to 35 in Genesis.

God promised David that he will give victory over his enemies. And David won over the Philistines. (1Chr 14:8-17) **God promised Solomon** that he will give him wisdom & wealth that no king had ever. (3 Kgs 3:3-14) God fulfilled his promised to Solomon. With this wisdom Solomon wrote books of Wisdom such as; Wisdom of Solomon, Proverbs & Ecclesiastes. Solomon was the wisest & richest King who lived ever. (2 Choro 9:13-28) So, it is very important for us to know what God has promised mankind and discern the promises which are meant for us and claim those promises Day & Night every day for its fulfilment. God is faithful to all his promises & he is merciful in all his acts. (Ps 145:13)

Sometime, God gives definite promises to believers when they fast and pray for specific intention. Therefore, believers must know the promises of the Lord by reading Bible thoroughly. And use their wisdom to discern which promises are meant for them, which promises were given to them in fasting, and claim those promises Day and Night, because **God said; "On your walls, Jerusalem, I have placed sentries. (It means, God has given mouth to every one of us) They must never be silent Day or Night. They must remind the Lord of his promises and never let him forget them. They must give him no rest until God restores Jerusalem. (Pray for fulfilment of God's promises) (Is 62:6-7)**

Spiritual Truth - 29:

Human body decays every day, but the Spirit of God renews it day-by-day. It is true that we live on this earth for a very short period; may be seventy or eighty years. (Ps 90:10) But the scriptures say; "God created man in his own image (Gen 1:27) so that man may continue to live for ever". (Wis 11:12-15 & 2:23-24) The Stan was jealous about man who was created in the image of God, so deceived Adam & Eve and sowed the seed of sin in human flesh. This sin brought death with it (Rom 5:12) and thus the human race came under God's curse. (Gen 3:14-19) **The seed of sin which was sown in human flesh wages war against the soul (1 Pet 2:11) to destroy the body and soul because the Satan comes in order to steal, kill and destroy. (Jh 10:10)**

Because the power of sin continues to work in us, our physical body gets worn out day by day and finally it dies. In this process as we grow old, we feel fatigue and become sick. But if we surrender ourselves to work endlessly for the Kingdom of God, we will never get

tired and we will not fall sick. Even if we fall sick we will miraculously recover and regain health. Such spiritual wonder will happen to us because the power that is working in us is the same mighty power which God used to raise Christ from death. (Eph 1:19-20) Yes, when we surrender ourselves to God's will and do his work, the Spirit of God will take complete control over us and renew our body, mind & soul every day. **And God will change our weak mortal body and make it like his own glorious body using the power by which he is able to bring all things under his control. (Phil 3:21) Consequently, our strength will be renewed and we will become agile & effective even at old age. 'The Spirit of Wisdom will renew everything in us (Wis 7:26-27)** because the Spirit of Wisdom will reach every part of our body, renew it and make it in useful order. (Wis 8:1 & 5) When we please God by doing his work, he takes delight in us & God's Spirit will give us New Life. (Zeph 3:17)

St Paul said; "Though our physical body is decaying gradually, yet our whole being is being renewed day by day. (2 Cor 4:16) Prophet Isaiah said; "God's Spirit strengthens those who are weak and tired. Even those who are young grow weak; young man can fall exhausted. But those who trust in the Lord for help will find their strength renewed. They will raise on wings like eagles; they will run and not get weary; they will walk & not grow weak. (Isaiah 40:29-31)

If Christ lives in you, his Spirit is life for you and he will renew your whole being. If the Spirit of God who raised Christ from death lives in you, then he who raised Christ from death will also give life and renew your mortal body by his presence in you. (Rom 8:10-11) God who raised Christ from death will also raise you by his power, renew your whole being & give strength. (1 Cor 6:14) Your bones & ligaments will be held together by the Spirit of Jesus and it will grow as God wants you to grow. Thus, God will renew your whole being. (Col 2: 19)

We read Caleb was with Moses doing God's work. He was as strong as a man of forty at the age eighty-five. He was strong enough to fight war at the age eighty-five, because, the Spirit of God, Wisdom's Spirit kept renewing his body every day. (Josh 14:6-12 & Sir 46:9-10)

Also, we read that; Naaman the Commander of Syrian army was suffering from dreaded skin disease. When Prophet Elisha told him to wash himself in the river Jordan seven times on the inspiration of the Holy Spirit, Naaman did what the Prophet told to him. The Spirit of God renewed him and his flesh became firm and healthy like that of a child. Thus, God's Spirit renewed his body & made him well. (2 Kgs 5: 1-14)

Further we read that; King Hezekiah was in death bed almost dead. He is body had completely given-up & he was in last stage. When he learnt through Prophet Isaiah that he is going to die, he wept bitterly for his sins. On seeing his repentance God sent Holy Spirit upon him and the Spirit of God renewed his body completely and made him well. Then he lived for another fifteen years. The angels of death released him from the power of sin & his body grew young. (Job 33:24-25) **This is how our whole being; body, soul and spirit, will be renewed if we live with the Spirit of Christ and do what pleases the Lord. (Eph 5:10 & 17)**

Spiritual Truth - 30:

After our body dies, our soul goes through seven stages before it reaches heaven or hell. When God the Most High decrees that a person shall die, his soul will leave the body & return to God the Father. Immediately the soul will praise glory of the Most High. (2 Esd 7: 78) **The souls of people who had no use for ways of the Most High & had hated those who worshipped him will have no place where they can go for rest. They will wander forever in torment, grief & sorrow. Their torment will progress in seven stages as below: (2 Esd 7:78-87)**

Fate of souls of those who disobeyed the laws of the Most High:

- i.** They ignore the Law of the Most High.
- ii.** They can no longer make a sincere repentance and obtain life.
- iii.** They see the reward stored up for those who put their faith in the covenants of the Most High.
- iv.** They think about the torment that has been stored up for them in the last days.
- v.** They see angels guarding the homes of other souls in complete silence.
- vi.** They recognise that they must soon be tormented.
- vii.** **The worst of all,** when they see the glory of the Most High, they will be sick with remorse and shame. They will cringe in fear, because when they were living, they sinned against the Most High. Now they are about to come before him to be judged on the last day.

Joy of souls of those who followed ways of the Most High and lived on earth with constant difficulty & danger: They served God carefully & and kept his laws. They will rejoice when they see God's great glory. God will receive them and their joy will progress in seven stages as below, before they receive rest-the final reward "Eternal life".

- i.** They will be joyful because they had struggled hard and won victory over the evil impulse which was formed in them but did not succeed in

leading them in to death.

ii. They will see the endless wandering of souls of the wicked and punishment that is waiting for them.

iii. They will be joyful to know the good report their Maker has given them; that they have kept the Law that was entrusted to them.

iv. They will be joyful about the rest they are going to enjoy in the place where they are guarded by angels in complete silence awaiting for the great glory of God to be revealed.

v. They will rejoice that they have escaped the corrupt world and will receive the future life as their possession.

vi. They will be happy to know that their faces will shine like sun and how they will be like the light of the stars that never die.

vii. *The best of all is;* they will meet God face to face with perfect trust and happiness without any fear or shame. They served him during their life time and now they will receive their reward in glory from God. (2 Esdras 7:88-98) *This is the final destination of souls of human beings.*

Spiritual Truth - 31:

Singing God's praises will deliver you from all evil bondages and invisible chains: King David said; God's presence dwells in our praises. (Ps 22:3) God is highly pleased when we sing his praises. His presence is awesome in our praises when we sing songs from depth of our heart, realising the true meaning of every word that we sing. Angels will move around us when we sincerely indulge in praising God during worship. When Joshua & his army went around the city Jericho for seven days singing God's praises, the city wall collapsed and they captured the city. (Josh 6:1-20) When Paul & Silas were imprisoned, they were singing praises of the Lord in middle of the night and evoked power of the Most high. And God manifested his presence by breaking the prison door and the chains that kept them bound. (Acts 16:16-26)

Yes, singing God's praises will work wonders if we believe & praise God with whole heart. That is why in all place of worship they begin the worship by singing praises to the Lord. *If you believe in this spiritual truth, humble yourself and sing God's praises every day before sunrise, you will surely encounter God's power. (Jh 11:40)* Yes, God's power in praise and worship will break your spiritual bondages, sinful habits & evil inflictions which you thought you can never get over them.

Spiritual Truth - 32:

Jesus is walking by the side of your bed every day in the morning between 3 & 6 AM. (Wis 6:12-21) If you are awake to worship Jesus before sunrise, he will give you wisdom & power to walk

on your weaknesses / sinful desires (your sinful-self) which are causing you to sin repeatedly. We read in Gospel of Mark (Mk 6:45-52) that the disciples of Jesus were struggling at the ore in middle of the lake. It was somewhere in between 3 & 6 AM when Jesus came to them walking on the water. He got in to the boat and the wind died down, there was peace. Yes, believers every day early in the morning Jesus is walking by the side of our bed to reach out believers who are awake to seek his face, worship him in truth & spirit and read his life-giving words. **If you are wise and awake to worship him and read his words between 3 and 6 AM, firstly Jesus will bless you with peace.** (Wis 6:15 & Jh 14:27) Christ's peace will calm down all your troubles and peace that Christ gives will guide you in the decisions you make. (Col 3: 15)

Secondly, if you desire Jesus Christ whole heartedly, seek his face & worship him every day before sunrise, then, Jesus who is the Supreme Spiritual Ruler & Authority (Col 2:10) will give you spiritual power. Also, you will be enlightened to understand how evil spirits are deceiving you with their tricks and using your weaknesses to keep you as slaves of sin and abusing your body. And Jesus will give you Spiritual Power to walk on all your weaknesses (which are the snakes) and all your sinful desires and attractions of the world, (which are the scorpions) (Lk10:19) that are making you captives and refugees of sin.

If you raise before sunrise and enrich yourself with Spirit of Jesus by reading his life-giving words (Jh 6:63, 68) (which is a double-edged sword, (Heb 4:12) which also acts like a fire and like a hammer (Jer 23:29)) and obey his teachings in truth and spirit, (Lk 11:27-28) then Christ will give you power to walk on the sea of sin (sinful-self) like how Jesus walked on the water. Christ will give you spiritual strength and power to resist temptation & reject sin. (Prov2:9-16) The Power of sin (your sinful-self) cannot lead you in sin anymore.

This is the greatest promise that Jesus gives to believers who worship him before sunrise, which, we read in the book: Wisdom of Solomon. He said; "The desire for Wisdom (desire for knowledge of Christ) will prepare you to rule a kingdom. (Will prepare you to rule over the Kingdom of darkness) If you value your throne, (if you keep your body holy, which is temple of the Holy Spirit) and honour symbols of authority, (honour anointment of the Holy Spirit which you received in Sacraments of Church) honour Wisdom, (honour Jesus by obeying his words) so that you will rule (over evil spirits) forever. (Wis6:20-21) **It means Jesus will give you power to rule over all worldly attractions, your weaknesses and sinful desires which are causing you**

to indulge in sin repeatedly. Through this promise you are given authority to rule over the evil spirits. This is what Jesus promised; "I have given you authority to walk over snakes and scorpions and overcome the power of the enemy. Nothing can harm you. (Lk 10:19)

Spiritual Truth - 33:

The words you speak has power to bring freedom with-in you or take away your freedom and bind you. Since we are created in the image of God, (Gen 1:27) God calls our body as temple of the Holy Spirit. (1 Cor 3:16 & 6:19) Further God says; "You are gods, I said, all of you are sons of the Most High." (Ps 82:6) "God called those people gods, the people to whom God's message was given." (Jh 10:34-35) **Therefore; "Words we speak is filled with power to give life to others".** **And we have freedom in Christ to speak words of truth, knowledge, wisdom & love.** If we misuse our freedom to speak abusive language, filthy language, angry words and curse human beings who are created in the image of God, our own words will bind us with invisible chains & we will lose freedom with-in us which Jesus Christ has given. (Gal 5:1)

God regards human beings as gods; (Ps 82:6 & Jh 10:34-35) **Therefore; words we speak will bring God's life-giving Spirit in others** (Jh 6:63) and give freedom in their distress. (Is 61:1-4) Jesus said; "Out of abundance of heart shall the mouth speak." (Mat 12:34) If you are filled with love and speak words of blessings, (Num 6:22-27) and if you speak right word of God for the right occasion to counsel people who are in distress, (Prov 15:23) your words will bring breath of God's power in them (Wis 7:25) and end their grief. (Is 60:20) **If you give words of life to others, those words will renew your spirit, give new life and give freedom with-in you. Because, the Word of God which you give to others will act as fire and burn up all evil infliction in you. Also, it will work as a hammer & break evil bondages in you. (Jer 23:29) Thus, you will be set free from all evil inflictions and spiritual bondages.**

If words that you speak is not based on love, peace, kindness, but if it is expression of anger, hatred, enmity, lies, deception, gossip, folly, insult, sully to tarnish others image, it will destroy them, because God said; "Words of the wicked are murderous." (Prove 12:6) "You can be ruined by the talk of godless people". (Prove 11:9) "The teachings (words) of the wise are a fountain of life. (Brings life) Those words help you escape when your life is in danger." (Prove 13:14) But, "Thoughtless words can wound as deeply as any sword." (Prove 12:18) "Be careful in what you say for careless talker destroys himself." (Prov 13:3) Therefore, if your words are not based on wisdom, love, peace

& kindness it will not only destroy others life, it will ruin your life also. **Further, when you speak words to instigate division & enmity,** to insult, to tarnish other's image, to destroy someone's reputation, or to harm others, those words will also cause damage to you also. Because, such words are not from the Holy Spirit, but from the evil spirits. By speaking such insulting/ damaging/ hurting/ wounding words you glorify the Satan with your tongue. Because you glorify the Satan with your tongue, the evil spirits which abide in your words will bind your mind, eyes & body and take away the freedom (Gal 5:1) which Christ gives by renewing your spirit day after day. (2 Cor 4:16)

If you chose to speak words which will harm others instead words of blessings, (Num 6:23-27) you are choosing to do evil. (Duet 30:15 & 19) You disobey the command; "Do not curse but bless those who curse you, for blessing is what God promised when he called you." (1 Pet 3:9) *If you chose to do evil, the evil spirits will bind you with invisible chains, (Wis 17:17) and you will remain in gloom and distress. (Ps 107:10-12) Make sure that you always speak words of wisdom, knowledge, truth & love, so that you escape darkness but walk in the light of Christ, (Sir 50 :28-29) and enjoy the freedom he gives.*

Meddlers have caused faithful wives to be divorced, robbed of everything they have worked for. Anyone who pays attentions to slander can never find peace of mind. A whip can raise a welt, but a vicious tongue can break bones. More people have died as a result of loose talk than were ever killed by swords. (Sir 28:15-18) Be careful with what you say. Weigh every word and have a lock ready for your mouth. Someone may be waiting to trap you. If you are not careful you will stumble over your own words & fall in front of him. (Sir 28:24-26)

Do not get in to the habit of course /profane talk, it is sinful. (Sir 23:13) If you fall in the habit of using foul /filthy /profane language you will never break yourself of it as long as you live. (Sir 23:15) No one has ever been able to tame the tongue. It is evil & uncontrollable full of deadly poison. (Jas 3:8) It is a world of wrong occupying its place in body & spreading evil through our whole being. It sets on fire the entire course of our existence with fire that comes from hell itself. (Jas 3:6) Yes, our tongue is a deadly weapon which can destroy others life.

So dear believer, be very careful with your words because, firstly; your words may cause damage to others image & destroy their life. **Secondly;** words you speak will also bring your own ruin. **Thirdly** and most importantly; Jesus Christ who is called "Word of God" (Rev

19:13) warns us that; "On the Judgement Day you will have to give an account of every useless word you have spoken. Your words will be used to judge you to declare either innocent or guilty". (Mat 12:36-37)

Spiritual Truth - 34:

If you sin you will be bound by Invisible Chains: Yes, when we sin, we invite the evil spirits in our body which is the temple of the Holy Spirit. (1 Cor 3:16) When the evil spirits enter our body, it becomes the house of robbers. (Jer 7:11) Jesus refers evil spirits as robber/thief, and said; "The thief comes in order to steal, kill & destroy". (Jh 10:10) When the evil spirits enter our body the first thing he does is; "He steal our freedom which was given by Jesus by his death on the cross". Yes believers, by the sacrificial death of Christ on the cross we have been set free, that is, our sins are forgiven. (Eph 1:7) Thus we are given free gift-eternal life, freedom from sin in union with Christ. (Rom 6:23)

God has brought us in to union with Christ and God has made Christ as our wisdom. By him we are put right with God; we become God's holy people and are set free from sin. (1 Cor 1:30) God freed us from the slavery of sinfulness & bondages from the spiritual rulers & authorities, (Eph 2:1-10) and in union with Christ and through our faith in him we have freedom to go in to God's presence with confidence. (Eph 3:12) Yes, we have complete freedom to go into the Most Holy Place by means of death Jesus on the cross. (Heb 10:19) **St Paul said; "Freedom is what we have; Christ has set you free! (From sin) Stand then as free people, and do not allow yourselves to become slave for sin again." (Gal 5:1) But if people are bound in chains, suffering for what they have done, God shows them their sin & pride. (Job 36:8-9)**

When you sin, the evil spirits enter you & bind you with invisible chains. They steal your freedom, as God said; "Farmers, Labourers and Shepherds out in the country (people all over the world) were caught by the same inevitable fate (sin) and are bound in darkness by invisible Chains." (Wis 17:17) Once the evil spirits bind your body and soul, you lose freedom and become a captive & refugee of the Satan. (Ezkl 12:11-12) Therefore God said "You went away as captive because of your sins; you were sent away because of your crimes". (Is 50:1-2) If you sin you become a captive, your soul suffocates & die spiritually.

About this David said; "Some were living in gloom & darkness like prisoners suffering in chains, because they had rebelled against the commands of the Almighty God and rejected his instructions."(Ps 107:10-11) If you do not repent at this stage, you will spiritually die

for God and hence more & more of sin will abide in your body. They will destroy your physical body and bind your soul with more invisible chains. About this Jesus said; "Wherever there is dead body (Body spiritually dead for God) vultures will gather. (More sin will enter his body to destroy it) (Lk 17:37) *The sins we commit will destroy our physical body first. (Prov 5:1-11) Then it will kill our living soul and destroy eternal life (Mat 13:36-42 & Rev 21:8) Jesus said; "The thief comes to kill our living soul and to destroy our body & soul."* (Jh 10:10)

Spiritual Truth - 35:

Invisible Chains are broken in the Sacrament of Confession: We understand that; if we sin, we will be bound by invisible chains of the Satan. Consequently, we will live in gloom & darkness. (Lam 1:5 & Ps 107:10-12) We are weak for sin (Mat 26:41) because the seed of sin/ original sin which the Satan planted in our body lives in us. (Rom 7:17) Therefore, we indulge in sin repeatedly and our sins binds us with invisible chains. Jesus knew that mankind will fall in sin repeatedly because of their weakness in flesh and they would be bound in chains. Hence, he instituted the Sacrament of Confession to set them free from these chains. Therefore, he gave authority to his disciples to forgive sins of believers who return to him with true repentance. *After resurrection Jesus appeared to disciples, breathed on them & said; "Receive the Holy Spirit. If you forgive people's sins they are forgiven; if you do not forgive their sins, they are not forgiven. (John 20: 21-23)*

Thus, Jesus Christ instituted Sacrament of Confession in which sins of believers who truly repent for their sins are forgiven by the Disciples of Christ i.e., Priests, who are Ministers in the Roman Catholic Apostolic Church. The Priests administer the Sacrament of Confession on the authority given by Jesus to forgive sins of believers. This authority to forgive sins of believers takes its origin from the Covenant made by Jesus on his own blood on the day of the Lord's Supper. During the Supper Jesus took a cup, gave thanks to God and gave it to his disciples. He said; "Drink it all of you, this is my blood poured for many for forgiveness of sins." (Mat 26:27-28 and Heb 9:12-15, 24-26)

The Covenant made by Jesus on his own blood for forgiveness of sins and the authority given by him to his disciples to forgive sins are according to the eternal plan of God the Father (Eph 1:7-11) who sent his only Son Jesus Christ that whoever believes in him may not die but have eternal life. God did not send his Son- Jesus Christ to this world to be a judge, but to be its saviour by forgiving sins. (Jh 3:16-17) The processes of salvation begin in the Sacrament

of Confession. (Rom 6:23) The spiritual truth which is hidden from people is; "It is Jesus himself who is present in the form of Priest in the Sacrament of Confession & forgives sins of believers who confess sin".

Consequently, by the power of the anointment of the Holy Spirit in this Sacrament, the invisible chains which bind a believer who confess his sins are broken. His sins are forgiven by Christ himself and he is set free from chains that were binding him. (Ps 72:12-14, 118:5-7 & Nuh 1:12-13) Now he is a free person, set-free from sins which he confessed. *David said; "In their troubles they called to the Lord and he saved them from their distress. He brought them out their gloom & darkness and broke their chains in to pieces. They must thank the Lord for his constant Love."* (Ps 107:13-15 & Jer 23:29) *Jesus, the Good Shepherd said; when I break my people's chains & set them free from those who made them slaves, then they will know that I am the Lord. (Ezkl 34:27)* Yes, the Sacrament of Confession administered by Priests who are Ministers in RC Church breaks invisible chains which binds us.

Spiritual Truth - 36:

You are responsible for the food you eat and for your actions. Freedom is the great gift that God has given to mankind. (Gal 5:1) God has given complete freedom for man to act according to his wisdom & understanding, because; God created man in his own image (Gen 1:27) and called him as his own son. (Ps 2:6-7 & Jer 31:20) A son is not a slave but he is the heir of his Father and inherits all rights. (Gal 4:4-7) Hence everyone enjoys the right to live as free person. And before mankind God has placed his blessing & curse, life & death, and good & evil and he said; 'choose what you want'. Heaven and earth will be the witness for whatever you choose. (Deuteronomy 30:1, 15 & 19)

God who is the provider for the body, (1 Cor 6:18 & Phil 4:19) has commanded the land to produce varieties of healthy food for man to eat. (Gen 1:11&24) However, God said; "If you are willing and obedient, you will eat the best of things the land produces". (Is 1:19) Again he said; '*Listen to me and do what I say and you will enjoy the best things that the earth produces.*' (Is 55:2) God created all those foods which are to be eaten after a prayer of thanks. (1 Tim 4:3-4) But God warned man & said; "All food does not suit everyone". (Sir 37:28)

Food is to be eaten for healthy living but not to abuse the body by indulging in over eating which is a sin 'Gluttony'. Our desire for food should not take precedence over God, because God said; "Man does not live by bread alone but by every word that proceeds from the

mouth of God". (Mat 4:4) *Further he said; "Food does not bring us nearer to God, (1 Cor 8:8) because, the Kingdom of God is not is not a matter of eating and drinking but righteousness, peace and joy in the Holy Spirit. (Rom 14:17) If we live only for eating and drinking, as some people will say; "Food is good for stomach & stomach is good for food, but then God says; I will put an end to both'."* (1Corinthians 6:13)

A person will become sick if he overeats (Prov 25:16 &27) and in his stomach the food will turn bitter as any poison could be. (Job 20:14) And Jesus said; "Life is more than food and body is more than cloths. (Lk 12:23) God warns us saying; "Do offer any food to your brother which will make him to fall. Also do not commit sin by eating such food". (Rom 14:21 & 1 Cor 8:13) And do not eat meat with blood in it for blood carries life in it. (Gen 9:4 & Lev 19:26) Further he warned; *"Do not eat food that is offered to idols. Because food offered at Pagan's altar belongs to demons."* *You belong to God. If you eat food offered to demons at pagan's altar you become one with him and you defile yourself. God says; "You cannot eat from the Lord's Table & demon's table. (1 Cor 8:1-13 & 10:18-21) Whatever you do, whether you eat or drink do it all for glory of God. (1 Cor 10:31) Dear believer, food makes us to live healthy life and glorify God. (Is 43:7) Food should not make us to fall in sin. In this matter we all should act responsibly.*

Spiritual Truth - 37:

We inherit blessings and retain them only in obedience to God:
The Bible is full of God's promises and God's teachings which brings blessings. Because, blessing is what God Promised when he called us. (1 Pet 3:9) Yes, God called us to shower his blessings. When God called childless Abraham, he raised a generation through him. (Gen 17:1-22) When God called Mosses, he blessed with supernatural powers that no man ever had. (Ex 4:1-9) When God called David the shepherd boy, he blessed him and raised him to become a king. (2 Sam 2:1-4) When God called Daniel, he blessed him with Wisdom to interpret dreams & made him head of all the royal advisors to King Darius. (Dan 2:46-48)

Joseph was thrown in a well by his own brothers & was sold as a slave. When God called Joseph, he was put to test for righteousness. However, God raised him to become Governor of Egypt. (Gen 41:1-57) When God Called Saul, he was persecutor of Christians. God filled him with grace (2 Cor 12:9) and made him an Evangelist. *In Bible, we understand that there was one thing common among all these people. "They were faithful to God and obeyed him in everything".* Jesus said if you love me, you will obey my commands. (Jh 14:15) ***In obedience***

God blessed them beyond their imagination. St Paul said; "What no one has ever saw or heard, what no one ever thought could happen is the very same thing God prepared for they who obey him. (1 Cor 2:9)

Yes, dear believers, God wants to bless us beyond our own imagination. But such wonderful thing will happen if only we obey God unconditionally. From the very beginning of Mankind, God has been insisting people to obey him, because he wanted to bless them. Yes, God said; "People of Israel, be sure that you do everything that the Lord has commanded you. Do not disobey any of the Laws. Obey them so that everything may go well with you, so that you will continue to live in the land which you are going to occupy". (Duet 5:29, 32-33) God promised Israelites blessings in obedience. (Duet 11:8-32) Further God spoke of his blessings that we will inherit if we obey him. (Duet 7: 12-24, 28:1-14 & Lev 26:3-13) But if we disobey his commands, we lose our blessings as God spoke in Duet 28:15-68 & Lev 26:14-46.

Readers are advised to read the passages quoted here carefully to understand how we inherit God's blessings in obedience and how we lose them in disobedience. To people who are sick, God says; "If you obey my commands, my saving power will raise on you like sun bringing healing like sun rays. You will be as free and happy as calves let out of stall. (Mal 4:2) God says to people who cannot eat food because of sickness; "Why spend money on what does not satisfy? Why spend your wages and still be hungry? Listen to me and do what I say. You will enjoy best food of all. (Is 55:2) And Jesus said; "Blessed are the one who hear the word of the Lord and obey them." (Lk 11:27-28)

Spiritual Truth - 38:

Truth about obedience to God: All things are done according to God's plan & decision. God has chosen us to be his own people in union with Christ because of his own purpose, based on what he had decided from the very beginning. (Eph 1:11) Accordingly, God pronounces a plan for a child even before the child is conceived in mother's womb. (Jer 1:4-5) Yes, God says; "I alone know the plan I have for you. Plan to bring prosperity, not disaster, plans to bring about the future you hope for." (Jer 29:11) Consequently in his plan God has already blessed every Child with prosperity & good future. These blessings are kept in store, to be given at the right time according to God's plan for the child. (Eccl 3:1-8) But, God decreed that the child will inherit those blessings only in obedience to him. That is why God always warns us to obey him so that we inherit our blessings which are in his plan. (Duet 28:2&13) In other words; every Child's life is like a 'Pot which is full of God's

blessings. And God wants we should obey him and retain his blessings. If the Child obeys God' Laws and rejects sin then Child inherits blessings which are in store for him according to God's plan at the time chosen by God. (Eccl 3:11) Each child's blessings differ according to God's plan. Every child is not blessed in the same manner. (Gen 27:1-46) As the child grows, out of the fullness of his grace God blesses the child giving him one blessing after another according to his plan. (Jh 1:16 & Eph 1:3-4) ***If the child honours God, obeys his commandments (Lk 11:28) and lives in humble relation with God (Micah 6:8 & 1 Cor 1:9) he will retain blessings which he inherited and will prosper in life.***

If the Child turns away from God & rejects his commandments out of pride, arrogance & desires of flesh, he open ways for the Satan to enter his life. When the Satan enters his life, he will do what is natural to him. He will steal all the child's blessings; for, the Satan comes in order to steal, kill and destroy. (Jh 10:10) And the Satan will make him his captive and refugee. (Ezkl 12:11-12) In other words; by sinning, the Child makes holes in his pot which is full of God's blessings. These holes (His sins) will drain out God's blessings from the pot. (His life) Consequently, the child will be lost for God's blessings. ***This truth was explained by Jesus Christ through a parable; "The Prodigal Son." (Lk 15:1-30)*** A wise person will understand this truth and he will plug all holes in his pot, stop sinning and obey the commandments of God, retain his blessing, prosper in life & earn the final reward - Eternal Life.

Spiritual Truth - 39:

Why do righteous people suffer? This is a very common question amongst believers and it troubles many; because, in spite of them being a good people, living righteous life, they go through fire and flood in life! ***The answer for this question lies in the life of Jesus Christ.*** Jesus was and is holy; he had no sin or fault in him; he was set apart from sinners and raised above all in heaven. (Heb 7:26) Jesus was like a lamb without defect or flaw. (1 Pet 1:19) He committed no sin and no one ever heard any lie come from his lips. (1 Pet 2:22) He was without sin, but for our sake God made him to share our sins in order that in union with him we may also share righteousness of God. (2 Cor 5:21)

In order to save the fallen mankind, God made his Son Jesus to undergo untold sufferings that no man on earth ever suffered. Jesus had no dignity or beauty, he was despised and rejected by the people whom he loved. He endured the sufferings that should have been ours, the pain that we should have borne. Because of our sins he was wounded. He was beaten, received many blows because we did evil. God made the punishment fall on him, the punishment which all of us

deserve. He was treated harshly & he endure them humbly. Like a lamb he was slaughtered, like a sheep about to be sheared but he never said a word. He was arrested and sentenced, taken off and put to death on the cross like a criminal for sins of the people, even though he did not commit any sin. (Isaiah 53:1-9) This was the fate of the righteous one.

However, St Paul said; "The sufferings which Jesus endured is not sufficient for salvation of mankind. In order to pay penance for sins of mankind, more sufferings are needed. Therefore, righteous people who believe in salvation, who live in union with Christ doing his will day-by-day, undergo many undeserved sufferings. There-by they share sufferings of Jesus Christ, (Col 1:24) and they take part in the victory procession of Jesus Christ to redeem the fallen mankind. (Col 2:1-15) **Consequently, people who follow Christ by living righteous life, who live holy life are insulted, despised, spoken ill, tormented, persecuted, go through incurable decease & chronic decease. Thereby they share sufferings of Jesus Christ for salvation of the fallen mankind.**

Regarding such sufferings Jesus said; "If you want to follow me, you must reject yourself, carry your cross (daily sufferings) and follow me". (Mat 16:24) For, whoever wants to save his life will lose it. Whoever loses his own life for my sake (by sharing Christ's sufferings) will find it. (Mat 16:25) **This gives discernment; "without suffering there is no forgiveness & without bloodshed there is no salvation".** (Heb 9:22) Are you are suffering for being righteous? Then you are blessed!

When you go through undeserved sufferings be glad, be joyfully grateful to the Lord for he has given you a part in his suffering for the sake of the Church. St Peter said; "My friends do not be surprised at the painful sufferings that you go through as though something unusual has happened to you. Rather be glad that you are sharing the sufferings of Christ so that you may be full of Joy when his glory is revealed. Happy are you if you are insulted because you are Christ's followers. This means the glorious Spirit; the Spirit of God is resting upon you. (1 Peter 4:12-14) **After you have suffered for a little while; God of all graces, who calls you share his eternal glory in union with Christ will himself perfect you and give firmness, strength and sure foundation in faith. (1 Peter 5:10) This faith will keep you firm until the day of the Lord; the second coming of Jesus Christ. (1 Corinthians 1:8)**

Spiritual Truth - 40:

You bear the nature of Christ, when you forgive and love your enemy. Christ is incarnation of love. From the beginning of his ministry

till his last breath on the Cross Jesus preached love & displayed love in every action. He said; "Love your enemies and pray for those who persecute you", (Mat 5:44) and "If you forgive others the wrongs, they have done to you, your heavenly Father will also forgive you." (Mat 6:14) Jesus practiced what he preached. Yes, when he was crucified and hanging on the cross people insulted him. He prayed to his Father to forgive people who crucified him, insulted and humiliated him. In his prayer he said; "Father forgive them, for they do not know what they do". (Lk 23:34) Thus, Jesus had set an example to us so that we may follow him to forgive our enemies & become sons of God. (Mat:43-45)

The most difficult thing to practice is; to forgive and love our offenders. Because the Satan sows' anger, hatred, enmity, grudge, vengeance, revenge, pride, ego and resentment in mind which does not allow us to forgive our offenders and love them. *But Jesus said; "Forgive you enemy and love them so that you may be children of your Father in heaven". (Mat 5:43-45) Also he said; "Love one another as I have loved you." (Jh 13:34) But it is getting more and more difficult for us to forgive and love our offenders, because we fall in grace, lose courage & grow weak in spirit to forgive and love them. To overcome our weakness, we must read Bible often, fill ourselves with Spirit of Love & Forgiving Spirit of Jesus. Words of Jesus will fill us with "Grace." It will bring inward transformation is our heart & mind. (Rom 12:1-2)*

Such transformation will give us Spiritual Strength (Acts 3:20) & courage to forgive our offenders and love them. God says; those who love their offenders are sons of God. St John said; "We know that we have left death and come over to life, because we love our brothers. Whoever does not love is still under the power of death. And whoever hates his brother is a murderer and a murderer has not got eternal life in him. This is how we know what love is? Christ gave life for us. We too, then, ought to give our life for our brothers". (1Jh 3:14-16) *There is no greater love than giving our life for others. (Jh 15:13) No one has ever seen God, but if we love one another, God lives in union with us & his love is made perfect in us. (1 Jh 4:12) So let us love one another, because love comes from God. Whoever loves is called as sons of God, and knows God (1 John 4:7) If we live in this manner, Christ's love will be made perfect in us and nature of Christ will be formed in us. (Gal 4:19) So let us enrich ourselves in God's Grace to forgive our enemies.*

Spiritual Truth - 41:

You will share God's glory in this earthly life. The purpose for which God created man is; "Man should honour God in everything and

glorify God's Spirit in his body". Yes, God wants to share his glory with those who honour him by glorifying his Spirit in their body. Yes, God said; "They are my people. I created them to bring me glory." (Is 43:7) Also he said; "They will be my people and I will be their God. I will give them a single purpose in life; to honour me for all time for their own good and for the good of their descendants. (Jer 32:38) **God concluded saying; "Don't you know that your body is the temple of the Holy Spirit who lives in you, who was given to you by God? You do not belong to yourself, but to God! You have been bought for a price (blood of Jesus). So, use your bodies for God's glory." (1 Cor 6:19-20) This is how God wants us to live this earthly life so that he will share his Glory with us.**

In Scriptures we read that God shared his glory with people: When Moses came down from Mount Sinai carrying the stone tablets inscribed with Ten Commandments, his face was shining because God shared his glory with him. So, Moses would put a veil on head & cover his face. (Ex 34:29-35) Elijah was a prophet with whom God shared his glory and worked many wonders through him. God was very highly pleased with him, so he took Elijah to heaven alive. (2 Kgs 2:1-25) God shared his glory with Isaiah and the Prophet proclaimed; "The Spirit of God is upon me. He has chosen me and sent me to bring good news to the poor, to heal the broken hearted, to announce release to the captives and freedom to those who are in prison. He has sent me to proclaim; time has come when God will save his people & defeat their enemies. He has sent me to comfort those who mourn. (Isaiah 1:1-2)

Jesus took Peter, James & John to a mount and revealed his glory to them that; he is "Son of God". (Mat 17 1-13, Mk 9:2-13 & Lk 9:28-36) St Paul revealed a great spiritual truth which is the secret God hid through all past ages from all mankind. He revealed us that; God's plan is to make known his secret to people; the rich and glorious secret which he has for all people. **And the secret is that: "Christ is in you, which means; you will share glory of God".** (Col 1:26-27) **This is the truth about God sharing his glory. Thus, in earthly life God shares his glory with people who are pure, holy and honour God in everything. Yes, dear believer, God will share his glory with you; if you are obedient (Lk 11:28) & live in humble fellowship with him. (Mic 6:8)**

Spiritual Truth - 42:

We live in fear because we do not believe in God's Words: Whenever Jesus met his disciples or people, he said to them; "Do not fear", (Luke 8:50, 12:7 & 32, Mat 6:34, Mk 4:39-40, 5:36) because, the Satan, the deceiver uses our fear as great weapon against us to

destroy our faith in Jesus. (Jh 8:44) If you give-in for fear, you will lose faith like how Peter lost faith in words of Jesus due to fear and sank in the lake. (Mat 14:29-30) If you lose faith you can't dare to hope in the Lord. (Josh 8:1) But if you dare to hope, you will soar in life like how eagles soar in the sky. (Is 40:31) If you lose hope, you will be lost for God's blessings & protection. (Eph 1:18) And if you lose faith your mind will rule over you. But God says do not rely on your mind. (Prove 3:5)

If your mind is inflicted with fear the Satan will gain upper hand and rule over you instead of you ruling over him. (Heb 2:8) But God has promised to give us power to rule over the Satan. (Jer 1:18-19) Jesus said; I have given you authority walk on snakes and scorpions and overcome power of the enemy. Nothing will harm you. (Lk 10:19)

Yes, dear believers, our fear will destroy our progress in physical life & in spiritual life. In fear Peter lost hope in Jesus & fell in faith. Because he fell in faith, he was frightened by disturbance caused by wind in the lake. His attention was focused on wind instead of Words spoken by Jesus who said; 'come walking on the water'. Thus, Peter lost faith in Jesus. Consequently, he drowned in the lake and cried; Lord, save me. Jesus extended hand & saved Peter. Then Jesus rebuked him; "Man of little faith, why did you doubt?" (Mat 14: 25-32)

Dear believer, are you losing faith in 'Life-Giving Words' spoken by Jesus and living in fear? (Jh 6:63) Are you also drowning in your sinful habits/sinful relations? Speak to Jesus about it! He will extend his arms and save you in your inabilities. Jesus will not let you to drown in your problems, whatever it may be! In faith, by holding his hands you can walk on your weaknesses and sinful desires which are drowning you. This is what Jesus said; "You can walk on snakes & scorpions and overcome the power of the enemy. Nothing will harm you". (Lk 10:19)

If you fear, you are glorifying the Satan and he will destroy your faith in Jesus. The Satan is roaming around looking for faithful people to devour them (1 Peter 5:8) and destroy their faith in Jesus and in his words, by instilling fear in their mind. Consequently, people fail to trust in word of the Lord. However, God says; "Trust in the Lord with all your heart. Never rely on your own understanding. Remember the Lord in all that you do and he will show you the right way." (Proverbs 3:5-6) King Solomon described fear. He said; "Fear is nothing but failure to rely on help that reason gives. (Reason means-Word of God) When you lack confidence to rely on the reason, (when you doubt Word of God) you give in to fears caused by ignorance." (Wisdom of Solomon 17:12)

To those who live in fear, God says; "Do not fear-I am with you. I am your God let nothing terrify you! I will make you strong and help you. I will protect you and save you." (Is 41:10) **God said to Joshua; "Remember, I have commanded you to be determined & confident. Do not be afraid or discouraged, for I am your God, am with you wherever you go".** (Josh 1:9) God said; "There is no fear in perfect love; perfect love derives out all fear. So then love has not been made perfect in who is afraid, because fear has to do with punishment." (1 Jh 14:18) Dear Believers, trust in God's constant love (Jer 31:3) & live in humble fellowship with him by meditating on his Words, day & night. (Sir 6:37)

If you live with God's words in mind, you will always experience his presence filling you with joy, guiding you in your decisions, leading you in path of holiness. God's power will work in you to give hope, confidence & deliver you from fear which the Satan is sowing in mind to destroy faith and cause you to live in fear. Never let God's Words to go away from your attention. Remember them & keep them in your heart. God's words will give life & health if you understand them. This understanding will deliver you from all your fears which is not allowing you to progress in your physical life & spiritual life. (Proverbs 4:20-22)

Further, God says; "I am the one who strengthens you. Why should you fear mortal man who is no more enduring than grass? Have you forgotten the Lord who made you, who stretched out heaven and laid earth's foundations? Why should you live in constant fear of fury of those who oppress you, those who are ready to destroy you? Their fury can no longer touch you! Those who are prisoners will soon go free. (Is 51:12-14) To Jerusalem, I say; "You are my people! I have given you my teaching. I will protect you with my hand." (Isaiah 51:16)

Jesus said; 'Do not fear for I am with you' till the end of ages. (Mat 28:19) When you pass through sea of troubles I the Lord will strike the waves. (Zech 10:11) When you pass through the valley of death, I will be with you. My Shepherd rod & staff will protect you. (Ps 23:4) So, do not fear. If you fear the Satan will have upper hand over you!

Spiritual Truth - 43:

If you fear the Lord, you do not have to fear anyone. God speaks highly of a person who fears him! He says; "Fear of the Lord is the beginning of wisdom, flower of wisdom, root of wisdom and it gives him knowledge of the Holy One. (Prov 9:10, 7:1 & Sir 1:14-20) Jesus said; "Do not fear those who kill the body but cannot kill the soul. Fear

God who can destroy soul and body in hell. (Mat 10:28) Fear of the Lord is the fountain of life, you can avoid death. (Prove 14:27 & 19:23) If you fear the Lord, he will put your enemy under your feet, for Jesus said; "I have given you authority to walk on snakes and scorpions and overcome the power of the enemy. Nothing can harm you." (Luke 10:19) Yes believers, Jesus will put your enemy the Satan under your feet.

God said; Wealth and strength give confidence, but fear of the Lord can give you greater confidence. *If you fear the Lord, you need nothing more; it is all the support you need. Fear of the Lord is rich garden of blessings; you could not want a more glorious shelter. (Sir 40:26-27) If you fear the Lord, you will accept corrections and he will bless those who raise up in the early morning and pray. (Sir 32:14) Those who fear the Lord will please him by devoting themselves to his Laws and they are always ready to serve him. They humble themselves before him and say; "We place our destiny in the hands of the Lord, not in the hands of men, because his mercy is as great as his majesty". (Sirach 16-18) If you fear the Lord, his mercy and goodness will follow you always, (Ps 24:5-6 & Zech 12:10) because the goodness of the Lord and his glorious presence are with all Israel forever. (1 Esd 5:61)*

Yes, dear believers; "Those who fear the Lord will live, because they have put trust in the one who can save them. *Fear the Lord, and you will have nothing to fear. If you trust in him, you will never act like coward. People who fear God are fortunate, because they know where they can find help. God watches those who fear him. He their strong protection & support. He shelters them from heat (snares of the Satan) and shades them from sun. (Temptations, trials & tribulations) He keeps them from stumbling & falling in sin by filling them with grace. He makes them cheerful & puts sparkle in their eyes. He blesses them with life & health. (Sir 34:13-17) This is the secret in fearing God.*

Spiritual Truth - 44:

Every time we fall in sin, we are raised in hope for Salvation by God's grace. *(1 Pet 1:3-6) Yes dear believers, our Christian life is not a one-day affair where we commit sin, repent, confess them and received absolution, then we go to heaven directly. God has given us life. We may live for seventy/eighty years or more. (Ps 90:10) And God has kept a plan for every one of us. (Jer 29:11) By executing our individual plan, God will accomplish his eternal plan. (Eph 5:7-11) No one can escape from his obligations in spiritual life, because, God wants to use us as his instrument to accomplish his eternal plan. (2 Tim 2:21) But when we work to accomplish God's plan, the Satan will work*

against us. He will destroy our efforts by deceiving us in sin. (1Pet 5:8) Such awful thing is happening to believers, because; 'the power of sin' which is living in us, (Rom 7:17) deceives us to fall in sin again and again. Even if we are very prayerful & observe regular weekly fasting, still the power of sin will be intense in us and it will lead us in sin. God will also permit us to fall, because; "when we fall, God will raise us by his grace". When God raise us, he will strengthen us in the area where we fell by filling us with 'grace', and give us sure foundation so that we may not fall again in that sin. (1 Pet 5:10) Thus we realise how merciful and loving our God is? King Solomon calls this spiritual experience as Merciful disciplining, where the Holy Spirit gently corrects us when we sin against God. He reminds us of what we are doing and warns us about it, so that we may abandon our evil ways and trust in him." (Wis 12:1-2) Thus God fulfils his promise. He said; Where sin increased my grace also increased much more. (Rom 5:20)

Yes, we fall in sin, but we also raise by God's grace. We go through this process for long time, till we gain sure foundation. (1 Pet 5:10) However, God will not allow us to be dead in sin, for he said; "we are his dearest sons, whom he loves best". (Jer 31:20) He will send his Spirit on us (Jh 15:26) who will be our counsellor, comforter, healer, deliverer. He will revive us in Spirit & renew our life. (Jh14:16-26) Yes, if we are lost in sin, marooned in distress, God will restore our hope and confidence, (Is 57:15) and give us a new life in Spirit. (Zeph 3:17)

Jesus who is the Shepherd of our Soul, (1 Pet 2:25) will break all our bondages and deliver us from all invisible chains, for he has promised; "Now I will end the power of Assyrians over you and break all the chains that bind you" and set you free. (Nah 1:12-13) Jesus will open the door for us and lead us out of exile. We will break out of the city gates and go free. Our King, the Lord Jesus Christ himself will lead us out and give us complete freedom from the power of sin, which is our sinful-self. (Micah 2:13) Thus, by God's grace we will be transformed progressively in our inner-self and become a new creation in Jesus. (Rom 12:1-2) Therefore we can hope in the Lord for Salvation.

Spiritual Truth - 45: Truth about Words Spoken by God:

God's Word is like the snow and the rain. His words come down from heaven to water the earth and fulfils God's plan. (Is 55:10-11) The earth and all living beings in it were created by Words spoken by God. (Gen 1:1-30) And God said; "Man does not live by bread alone, but by every word that proceeds from mouth of God," (Mat 4:4)

because, God's word is the source of life for man. (Jh 1:4) Yes, God's Words bring God's life-giving Spirit in man, (Jh 6:63) and it renews his body & spirit day-by-day and gives new life. (2 Cor 4:16 & Zeph 3:17)

Word of God heals our body, soul & mind: Solomon said; No ointment or medicine cured them. They were restored to health by your Word O Lord, the Word which heals all humanity. (Wis 16:12) And God said; "My word is like a fire and a hammer that breaks rocks in pieces." (Jer 23:29) Yes, Word of God which comes down from heaven will heal our sick body and deliver our body & soul from all evil afflictions and set us free. Therefore, Word of God will break all invisible chains that bind our body & soul and set us free. (Nah 1:12-13 and Ps 107:10-14)

God says; My son, listen to my Words. Never let them get away from you. Remember them & keep them in your heart. They will give life & health to anyone who understands them. (Prov 4:20-22) David said; God sent his word from heaven and healed people. (Ps 107:20) Jesus sent forth his word & healed the Centurion's servant. (Lk 7:1-10) Paul said; wherever there is Word, there is freedom-form sickness & bondages. (2 Cor 3:17) God's Words will maintain your body if you believe (Wis 16:27) for, God's Words reaches everywhere and sets everything in useful order and makes everything function. (Wis 8:1&5)

Word of God delivers us from evil spirits: Word of God is alive and active. It is sharper than any double-edged sword. It will cut through all the way in between our soul and the evil spirits which have enslaved it and will deliver our soul from its captivity. (Hebrews 4:12)

Word of God is Light: Jesus Christ who is incarnation of Word of God (Rev 19:13) said; "I am the light of the world. Whoever follows me will have the light of life & will never walk in darkness." (Jh 8:12) Further, he said; "When I am in the world, I am the light of the world". (Jh 9:5) God's Word comes to guide our feet & give light our path. (Ps 119:105) Whoever pays attention to God's word will be blessed. Whoever take them to heart will become wise & whoever lives by them will be strong enough for any occasion, because; they will be walking in the light of the Lord. (Sir 50:28-29) And so, God said; the sun will not be your light by day. Or the moon be your light by night. The light of my glory will shine on you. Your days of grief will come to an end. I the Lord will be your eternal light, more lasting than the sun & moon. (Is 60:19-20)

If Word of God remains in you, 'You will endure tribulations': If God's words remain in your heart and if you truly obey them, you will

endure your trials & tribulations of day-to-day life. *Many believers have committed suicide due to their personal issues, because they could not trust in Jesus and hold on to his words to overcome their problems, for Jesus said; you can do all things with me. (Jh 15:4-5) Further, God's words will strengthen you in faith and give you courage. Also, it will encourage you to cling on to the hope, which you received in Salvation, so that; you will determinedly endure the awful hour which Jesus spoke about in Matthew 24:15-28. It is the time of trials, tabulations and 'the hour of testing', which will last for three and half years during the end of time before the second coming of Jesus Christ. (Dan 9:20-27 & 12:1-13) During times of testing, tribulations, sufferings and persecutions, if you remain in God's Words, you will endure the awful hour. (Is 7 :9)*

A careful understanding of the above passage will give a clear discernment that; Words spoken by God comes to give life & health to man. Also, it protects him from the powers of darkness, (Jer 15:19-21) so that man can live life in all its fullness. (Jh 10:10) *Words of God gently corrects man who sins, by reminding him of his sins, (Wis 12:1-2) leads him to repent (Rom2:4) and gives him eternal life. (Rom 6:23)*

Isaiah said; Word of God is like the snow & the rain that comes down from the sky to water the earth. They make crops grow, provide seed for sowing & food to eat. So also, Words spoken by God will not fail to do what God has planned for it. It will do everything for which God has sent it." (Is 55:10-11) *Jesus said; "Heaven & earth will pass away but his Words will not pass away". (Mat 24:35) Yes, Grass withers and flowers fade but Word of God endures forever. (Is 40:7-8)*

Spiritual Truth - 46:

Only a few people will be saved. According to God's eternal plan only few people will receive eternal life. (2 Esd 7:45-74) No one can question God on his decision; "Why only few people will be saved?" However, God answered this question to Ezra as we read in 2 Esdras 8:1-62 which reveals God's mind on Salvation of few people! God has a plan for everyone, (Jer 29:11) which will be revealed through faith. (1 Tim 1:4) God devised this plan for all people in order to accomplish his Eternal Plan, "which is; to bring all creation to gather, everything in heaven & on earth with Jesus as head". (Eph 1:7-11) All those who receive eternal life will be united with heavenly beings as one family for eternity, with Jesus as head. *That is why God is repeatedly warning everyone to repent, (Joel 2:12-13) turn away from sin and be absolved from sins through the Sacrament of Confession (Jh 20:20-23) which is God's free gift, (Rom 6:23) so that you will be a member in heavenly*

*family for eternity. So, Dear believer, do not turn deaf ears to his voice. **God says; Repent & turn away from sin for the kingdom of God is near.** (Mat 3:2) God says; Return to me & I will return to you. (Zech 1:3) Turn to me & I will turn to you. (Mal 3:7) Come near me & I will come near you. (Jas 4:8) And God warns us thrice, saying; If you hear voice of the Lord today, do not harden your hearts. (Heb 3:7) If you hear voice of the Lord today, do not harden your hearts. (Heb 3:14) If you hear voice of the Lord today, do not harden your hearts. (Heb 4:7)*

But what we see in the present world is; man has no time for Scriptures and spiritual life. He is turning deaf ears to God's call for repentance. Therefore, God says; "Only a few will be saved". Jesus said; "Many are called for the wedding feast but few are chosen." (Mar 22:1-14) Jesus also asserted that the gate to heaven is a narrow gate and the road that leads to it is hard. Not many will travel through it. Whereas the gate to hell is wide & the road that leads to it is easy and there are many who travel in it. (Mat 7:13-14) The reason why only few people will be saved has been explained by Angel Uriel in the Book: 2 Esdras 7: 45-74. The angel also explains what will be the destiny of souls after our physical body dies in the book: 2 Esd 7: 75-101. Further the Angel explains about the Final Judgement and about Salvation of the few in the Book 2 Esd 7:102 to 8:3. *You are advised to read this book Esdras to gain understanding on the fate of your soul after death.*

Spiritual Truth - 47:

Truth about holiness in conjugal relation: *When God created Adam & Eve, he was highly pleased to see man in his own image. (Gen 1:27) Therefore God wanted that the whole world should be filled with human beings who will resemble him. So, God blessed Adam & Eve and said; "have many children so that your descendants will live all over the earth and bring it under control". (Gen 1:28) God's will "to fill the earth with human beings," would be fulfilled only through conjugal relation between Man & Woman. Therefore, God regards conjugal relation as a holy relation. In God's eyes, Conjugal relation is meant for pro-creation and to share pure love between husband & wife who are united by God himself in marriage according to his plan for eternity. (Is 34:16) Hence Conjugal relation between man and woman who are married is holy and precious in God's eyes. God is highly displeased if conjugal relation is perverted in any way and warns those who pervert conjugal relation. (Prov 5:1-11 & Heb 13:4) People who pervert conjugal relation will not prevail in Kingdom of God. (1 Corinthians 6:9-10, Galatians 5: 19 - 21)*

But the Satan is always working to destroy what God has done.

He lures people to pervert conjugal relation so that man disobeys God and loses blessing that are reserved for him in a holy conjugal relation. The Satan deceives man to pervert conjugal relation by enticing him to indulge in; pre-marital sex, adultery, orgy, sodomy, homo sex, oral-sex, living-in relation, contract marriage, sex with animal, rape, gang rape, child abuse, using sex toys, self-abuse, incest, etc. **In Conjugal relation man glorifies God. But man desecrates conjugal relation if he indulges in all kind of sexual perversion.** God is highly pleased with couple who share love, produce children and live to gather happily. (Sir 25:1) Yes, man was created to glorify God in his love for one another, (1 Jh 4:12) in conjugal relation with spouse, (Eph 5:25) and in his relation with God by glorifying God's Spirit in his body. (1Cor 6:19-20)

Spiritual Truth - 48:

Truth about marriage between persons of same sex - Gay & Lesbian marriage: From the Spiritual truth No:47 it is absolutely clear that God created man and woman only to Glorify God in everything in their life, because he said; "They are my people. I have created them to bring me glory." (Is 43:7) There are many ways by which we glorify God. Amongst them one is; to live in love with a person of opposite sex whom God has chosen for us according to his plan, (Is 34:16) produce children, teach them God's laws & bring them up in spiritual life. (Is 59:21) **God's will for married couple is: "To produce many children so that their descendants will live all over the earth & bring it under their control". This is what God commanded to Adam & Eve. (Gen 1:27-28)**

This is what God's will for man & women is. God is highly pleased with married couples who live to gather happily sharing love and produce children. (Sir 25:1) And thus man glorifies God in his physical life on earth. (1 Cor 6:19-20) But the Satan is jealous of man's status (Wis 2:23-24) because; God created man in his own image and said; Israel, you are the dearest son, the child I love best. When I mention your name, I think of you with love. My heart goes out for you; I will be merciful. (Jer 31:20) Therefore, the Satan works against God's will. He devised a plan to steal man's blessings & to destroy him. (Jh 10:10)

The Satan who is a liar, comes as angel of light. (Jh 8:44 & 2 Cor 11:13-14) He blinds people's mind for God's will on marriage between Man & Women and keeps them in dark so that they will believe in lies spread by him. (Rom 1:21 & 2 Cor 4:3-4) He deceives people to accept a lie as truth. Thus, people are being deceived to accept marriage between two persons of same sex instead of marriage between Man & Woman which God blessed (Gen1:27-28) People indulge in forbidden

relation and sin against God. (2 Thes 2:9-12, 1 Tim 4:1, 2 Tim 4:3-4) **Because the Satan has deceived people's mind, they fail to realise that Gay & Lesbian relations are against God's will, for;** in same sex marriage they cannot produce children and glorify God. Further, in same sex marriage there is no true love which God intended between married couples who are Man & Woman. In unnatural sexual relation people are deceived by the Satan to enjoy bodily passion and lust which forbidden by God. **God poured sulphur & fire on Sodom and Gomorrah. He destroyed these two cities because people there were practicing same sex marriage; Gay marriage - Sodomy. (Gen: 19:1-29)** Jesus warns 'Be cautious, don't be deceived by the devil'. (Mk 13:5)

God says; in Gay and Lesbian marriages, people pervert natural use of their sex. They burn with passion for each other and indulge in shameful act – 'unnatural sex'. (Rom 1:26-27) Since the beginning God's anger burns like a furnace against them. God warns them saying; People who indulge in Gay and Lesbian marriage will not prevail in the Kingdom of God. (1 Cor 6:9-10 & Gal 5:19-20) Further, **God warns them saying; "Cowards, traitors, perverts (who pervert natural use of sex - Gays & Lesbians) murderers, the immoral, those who practice magic, those who worship idols and all liars - the place for them is the lake with fire & burning sulphur, which is the second death. (Rev 21:8)**

Spiritual Truth - 49:

With Jesus Christ all things are possible: We must be very cautious & wise (Mk 13:5) to understand that; the Satan is instilling fear in mind so that we lose hope in Christ, fall in faith and thereby live in fear and hopelessness. **The Satan uses 'Fear' as a mighty weapon against us to destroy our faith in Christ & arrest our progress in Spiritual life.** Yes, dear believers, without faith we be disillusioned, therefore we cannot progress in Spiritual life. And without indulging deep spiritual life we will not encounter the mighty wonders that God does with believers. Because, God works wonders & reveals his power only to a person who has deep faith in him. (1 Thes 2:13) If faith is not deep & sure founded (1 Peter 5:10) we can't witness Jesus for which he called us. (Acts 1:8)

Christ will reveal his mighty power if only we move with faith. St Paul said; People heard the message on Good News just as we did. But it did them no good, (they did not encounter the Power of God) because when they heard the Gospel, they did not accept the Good News with faith. (Heb 4:2) But Jesus was amazed by the faith of the Centurion who said to Jesus; "Lord please say a word from here my servant at home will be healed". Jesus said to him; "Go home, it will

be done as you have believed". On reaching home the Centurion saw his sick servant was healed. Because the Centurion believed, Jesus sent forth his word and healed his servant. (Psalms 107:20) With staunch faith he encountered the mighty healing power of Christ. (Mat 8:5-13)

Further we read that; ten lepers came to Jesus with deep faith, for healing. Jesus said to them; 'Go and show yourselves to the Priest'. Because they believed in life-giving words (Jh 6:63) spoken by Jesus, they did not question him even though they were not healed at that time. With blind faith they went to meet the Priest. They encountered God's mighty healing power on the way & were healed. (Lk 17:11-19)

Here is God's power worked through blind faith of believers. That is why Jesus said; "If you have faith of the size of a mustard seed & say to a mulberry tree to uproot itself and fall in sea without doubting, it will obey. (Lk 17:6) Also he said "If you believe you will do greater miracles than me". (Jh 14:7) Without faith it is impossible to progress in spiritual life. Yes, without faith in Christianity will not exist.

We will encounter spiritual wonders if we are united with Christ & believe in his life-giving words. For, he said; "Remain united with me & I will remain united with you. You cannot bear fruit on your own; but you can do so if you are united with me. For I am the vine & you are the branches. Whoever remains in me & I in him will bear much fruit for you can do nothing without me. (Jh 15:4-5) Further, he said; "If you remain in me & my words in you, then you will ask for anything you wish and you shall have it." (John 15:7) Yes, 'Faith works wonders.'

After resurrection of Jesus the disciples were living in fear. However, when they received the Spirit of Jesus- the Holy Spirit on the day of Pentecost, (Acts 2:1-4) they became courageous, came out in open & preached Christ boldly. They went all over the world to witness Jesus, because; 'they were convinced about their faith'. Because they experienced presence of Christ in them, (Jh 14:17) their conviction in faith encouraged them to face tribulations/persecution. They sacrificed their life for their faith & witnessed Jesus as we read in the Book-Acts.

Such impossible tasks were possible for Apostles, because they remained united with Jesus through his words. *Jesus said; Man's power is no use at all. The words I have spoken brings God's Life-Giving Spirit. (Jh 6:63) It will empower you to do the impossible; because, words of Jesus are breath of God's power. It is a pure & radiant, stream of glory from the Almighty. It is reflection of eternal light, a perfect mirror of*

*God's activity & goodness. It brings God power in you. (Wis 7: 25-26) **Yes believers, we are sinners and the power of sin lives in us (Rom 7:14-20) to destroy our free gift eternal life. (Rom 6:23) But, God has called us to resist temptations and reject sin, (Jas 4:7) and this is what our spiritual life is all about.** However, if you think that you are too weak for your sinfulness and hence you cannot give-up sin or overcome the power of your 'Sinful-Self' you are already lost for the Satan. Such thought will give the Satan upper hand over you and he will rule over you. Further, he will never allow you to repent and turn away from sin. Rather he will sink you deep & deep in sin, (2 Tim 3:1-7) and take you to a point of "No-Return" where you can never repent and return to God in true repentance and obtain absolution of sin. If you die in this awful condition without repenting for your sins, then your free gift - eternal life (Rom 6:23) will be robbed by the Satan, for; Jesus said "the thief (Satan) comes to steal, kill & destroy." (Jh 10:10)*

But Jesus said; with me you can walk on your sinful desires & weaknesses (snakes) and worldly attractions (scorpions) which are causing you to sin repeatedly. And you can overcome power of the sin. (Lk 10:19) Yes, you can do the impossible with Jesus. "Your fear that you cannot get over sinfulness" will be changed & you will do the impossible. You will be able to overcome your sinful-self because Words of Jesus is a hammer which will break all stronghold of evil in you in to pieces. And it is fire that will burn in you & purify your soul. (Jer 23:29)

Because Jesus has called you, he will fight for you. For, this battle belongs to the Lord. (2 Chr 20:15 & 1 Sam 17:47) With the power that dwells in the Name-Jesus (Rom 10:13, Phil 2:9 & Acts 4:12) and help that you receive from the Holy Spirit (Jh 14:16) all impossible things will be made possible. You will overcome your weaknesses & desires and will exercise self-control (Gal 5:22) over your eyes, mind, tongue, body and actions through which you sin and lose the saving presence of God. (Rom 3:23) You will receive power & grace to get rid of your sinful-self (Col 2:11) and conquer the power of sin. (Rom 8:37)

Yes, Jesus has given authority to everyone to rule over the Stan who is deceiving their mind for Christ's power & keeps them in darkness so that they will live in fear as captive & refugees for sin. (Ezkl 12:11-12) Further he said; "The desire for Wisdom (if you desire for Jesus) can prepare you to rule a kingdom. (He will give authority to rule over evil spirits) If you value your thrones and symbols, (if you observe holiness in body and respect the anointment of Holy Spirit in you) and honour wisdom (Obey Christ) you will rule for ever. (You will rule over

your sinful-self & defeat the Power of Sin) Jesus will provide you spiritual help (Phil 4:19) through Holy Spirit to win over sin. (Jh 14:16) You can do the impossible, by the power that Jesus gives you. St Paul said; I can do all things by the power that Christ gives me. (Phil 4:13)

St John said; "Every child is able to defeat the world and win victory over the world by means of faith. Who can win over the world? Only a person who believes that Jesus is the Son of God". (1 Jh 5:4-5) Dear believer are you struggling in your spiritual life with your weakness, desires and memories of past sins which is not allowing to overcome your sinful-self. "Do not be afraid, only believe. Jesus will do the rest". (Mk 5:36) The one who called you is faithful for his promises.

Yes, those who dare to hope in Jesus and believe in him will see God's glory. (Jh 11:40) Those who are dead in sin and lost hope, if they continue to read the life-giving words of Jesus day & night and meditate on them (Sir 6:37) Christ will renew their life and they will raise on wings and soar in spiritual life like how eagles soar in the sky. (Is 40:31) No weapon designed by the Satan will stand against their progress. (Is 54:17) **Jesus will make all things possible for them!**

Spiritual Truth - 50:

Jesus said; "I stand at the door and knock. If anyone hear my voice and opens the door, I will come in to his house and eat with him and he will eat with me." Yes, dear believers, this is a call given to all by Jesus for repentance, and it is what this book is all about!

Jesus is waiting at the door of our heart to enter in our life and make our body as his dwelling place so that he can take control over our whole being and cleanse us from all evil thoughts, sinful actions, and purify our soul from all spiritual bondages so that he can dwell in us in all his glory. (Zach 2:5) Dear believer, St Paul said; "If you hear voice of the Lord today, do not harden your hearts. (Heb 3:7, 14, & 4:7) Yes, do not be stubborn because on the Cross Jesus said "I thirst".

What did Jesus convey by these words; 'I thirst'? Jesus conveyed that; he is desiring that souls of his children whom he loves should be saved from the Satan who is deceiving them to live in sin & leading them in the path of destruction. (Mat 7:13-14) Jesus does not want his children should be deceived by the Satan (Jh 8:44 & 1 Pet 5:8) and be thrown in the lake of fire - the eternal fire. (Rev 20:10) Jesus wants that we should repent and turn away from sin and receive eternal life, (Jh 11:25-26) and be a member of the heavenly family with Jesus as

head of the family according to the Eternal Plan of God. (Eph 1:7 - 11) **Jesus wants our souls should be with him after death so that we can also rule in the heavenly world along with him.** (2 Tim 2:12) He warns us! "Wages of sin is death. But if we give-up sin, we will receive God's free gift - eternal life in union with Christ our Lord". (Rom 6:23) Christ has cancelled our sins with its binding rules by nailing it to the cross. (Col 2:14) Therefore, "Freedom is what we have. Christ has set us free! We should be cautious. (Mk 13:5) We should not lose freedom by committing sin and become slaves for sin again. (Gal 5:1) **So, he cautions us once again; live as free people, do not use your freedom to cover up any evil, but live as God's slaves."** (1 Peter 2:16)

If you allow Jesus to make his home in your heart, he promises; "Just as I am the supreme spiritual ruler and authority (Col 2:10) I will give you the same right to rule." (Lk 22:28-29) By saying so, Jesus promises to give you power to rule over evil spirits (Wis 6:20-21) and win victory over the power of sin, which is your sinful-self. (Col 2 :11)

Further, Jesus has promised to enrich you in the fruits of the Holy Spirit (Gal 5:22) so that you will experience power & richness of his Words in you (Col 3:16) which will help you to receive the Gifts of the Holy Spirit. (1 Cor 12:7-11) In this processes Christ will purify you, fill you with Fruits & Gifts of the Spirit and use you as his instrument to save more souls. (2 Tim 2:21) **Yes, if you allow Christ to dwell in your heart, he will lead you in the roads that you have never travelled (Is 42:16) and reveal his power. Thus, he will help you to accomplish things which are impossible for you. (Phil 4:13) If you stay with him in all trials & tribulations, he will bless you with "Sure Foundation" (1 Pet 5:10) and lead you in the Road of Holiness; the road in which sinners will not travel. (Is 35:1-10) So allow Jesus to make home in your heart.**

That is why on the cross Jesus said; "I thirst", because he is the keeper of our souls. (1 Pet 2:25) Jesus desires that we should not die in sin, lose eternal life & be condemned to suffer for eternity in the lake of fire. (Rev 20:10, 21:8) He wants we should truly repent for our sins, receive forgiveness (Jh 20:20-23) and be saved so that we will enjoy the promised New Life with him in heavenly world. (Rev 21:1-4)

Jesus wants that we should be with him in the heavenly world and rule with him forever. (2 Tim 2:13 & Job: 36:7) To those who stay with Christ all through their trials, he promised; "Just as my Father has given me the right to rule, so I will give you the same right. You will eat and drink at my table in my Kingdom and you will sit on thrones

to rule over the twelve tribes of Israel". (Lk 22:28-30) *Dear believers "In our union with Christ, he has raised us with him to rule with him in heavenly world, (Eph 2:6) because he loves us with everlasting love. (Jer 31:3) Yes, Christ says you are the dearest son, the child I love best. When I mention your name, my heart goes out to you. (Jer31:20) That's why Jesus wants to make his home in your heart. (Eph3:14-17)*

Spiritual Truth - 51:

If you believe in Words of Jesus Christ, you will see God's Glory:
Dear believers, the very essence for existence of Christianity is 'Faith'. Yes, it is faith of Christians in a man whose name is "Jesus"- Son of God. Christians believe that Jesus is the Son of God, (Lk 4:41, Mk 3:11, Jh 1:32-34 & Jh 11:27) who lived on this earth with God's Power in him, (Lk 5:17) and performed many spiritual wonders. (Jh 11:38-44) The Scriptures says; Jesus Christ is the Supreme spiritual Ruler and Authority. (Col 2:10) Though being Son of God, Jesus died for sins of mankind according to his Father's will. (Romans 5:6-8 & Galatians 1:4)

Before he died, he gave his body to be eaten by his believers and he made an eternal covenant with them through his blood for forgiveness of sins of mankind. (Mat 26:27-28) And on the third day of his death, his Father raised him to life from death. (Mat 28:1-8 & 1 Pet 1:30) Now, he has gone to his Heavenly Father to rule with him in the heavenly world. (Rev 3:21 & 5:13) Christians also believe that; at the time chosen by his Father, Jesus will come once again to save his believers who remained faithful to him in their tribulations & trials, during the awful hour. (Heb 9:28, Rev 1:7 & 22:12) Christians believe these spiritual truths, prepare themselves, & await his second coming.

Christians believe in the unique birth, life & sacrificial death of Jesus and his in his Ministry as truth. Though Christians have not seen/witnessed the happening of events mentioned above, yet they believe them as truth because it is all written in Scriptures. And the Scriptures comprises of Words spoken by God, written by people who are chosen by God on the inspiration of the Holy Spirit. (2 Tim 3:16) In faith Christians accept the Holy Bible as 'Book of Life' given by God for man to live life in all its fullness and gain eternal life. But the Satan who is a liar (Jh 8:44) and a deceiver (2 Cor 11:14 -15) is endlessly working to destroy faith of Christians in Jesus & his words. (1 Pet 5:8)

The Satan is endlessly working to destroy faith of Christians who believe;

That: Jesus is the true Son of living God. (Jh 1:32-34)

- That:** Jesus came to redeem the fallen mankind from sin. (Jh 3:16)
- That:** Jesus has given authority to man to bind and cast out evil spirits. (Mat 18:18 & Mk 16:17) and rule over them. (Wis 6:20-21)
- That:** Jesus has given authority to his disciples to forgive sins through Sacrament of confession. (Jh 20:20-23 & Jas 5:16)
- That:** Man, lives by every word spoken by God. (Mat 4:4)
- That:** Our spiritual being is renewed day-by-day by God. (2 Cor 4:16)
- That:** Our sins will bring sickness in body. (Lk 5:10-30 & Jh 5:1-14)
- That:** Our sickness will be healed by Word of God (Wis 16:12, Prov 4:20-22, Ps 107:20)
- That:** Through faith all things of possible in Jesus. (Mk 9:23)
- That:** We win victory over the world through faith. (1 Jh 5:4)
- That:** Those who believe Christ will raise on wings like eagle. (Is 40:31)
- That:** We have eternal life if we believe in Jesus. (Jh 11:25-26)

Apart from above, the Satan trying to destroy our faith in the spiritual truths & God's promises written in the Scriptures. He comes as angel of light & deceives people whose faith is not deep/sure founded. (2 Cor 11:4-15) That is why Jesus warns "Be cautious, do not be deceived by the devil" as we read in Gospel. (Mk 13:5, 9, 23 & 34)

Our faith will be deep & sure founded if only we read scriptures often (Rom 10:14-15) and meditate on it day & night. (Sir 6:37) Prophet Isaiah expressed apathy of people that; they did not accept the Message of the Lord when it was given to them. (Rom 10:16-17) Similarly when Prophet Jeremiah gave the Lord's message to Zedekiah-King of Judah, who did not believe in the message but imprisoned the prophet. (Jer 32:1-5) **St Paul said; "People heard the Good News as we did. But it did no good to them (they did not encounter God's power) because when they heard the message, they didn't accept it with faith. (Heb 4:2) They couldn't believe because the devil had deceived their mind on blessings which Christ gives through Gospel. (2 Thes 2:13-14)**

Dear believers; "To have faith is to be sure of the things we hope for, and be certain of the things we cannot see." It was by faith people of ancient times won God's approval. (Heb 11:1-2) Our eyes will be opened for faith (Lk 24:31) if we honour God by obeying him. And our minds will be opened for Scriptures (Lk 24:44-45) if we worship Christ & read his life-giving words before sunrise every day. Further our faith will be sure-founded if we give importance to spiritual life, reduce our involvement in the worldly entertainments and its attractions. But nowadays what we see is; the Satan is using electronic gadgets, social media to keep people busy in chatting, entertainments,

tours, picnics, late-night parties & late-night television /entertainment programmes. Further, the advertisements that are splashed in various media do not allow them to live conservative life & lead a spiritual life.

Consequently, people are turning away from spiritual life.

Worldly pleasures & entertainments have taken priority over spiritual life and people are engrossed in them. The Satan deceives their mind & keeps them busy in entertainments, worldly affairs, social media and electronic gadgets. Therefore, people are lost for scripture reading and religious activities. They do not attend to spiritual needs of their soul. Hence their soul is dead for God. About such people Jesus said; where ever there is dead body vultures will gather. (Lk 17:37) By saying so what Jesus meant is; because their soul is dead for God, the Satan lures them to commit more & more sins. Their soul becomes a house of robbers. (Jer 7:11) Because they neglect the spiritual needs of soul they live in spiritual bondages and they are sick in their soul. (Jer 17:9)

This is the reason why people are losing faith in God's Words.

But God says; 'sow the seeds twice a day', (Ecc 11:6) which means read word of God twice a day; in the morning before sunrise and in the evening. Yes, if any one devotes time to read scripture in the morning before sunrise and in the evening (Wis 6:12-21) and indulges in spiritual activities such as; regular fasting on Fridays, praying at least twice or thrice a day, (Dan 6:10) attend retreats regularly and attend prayer meetings, God will bless him. His eyes will be opened for faith (Lk 24:25-32) & his mind will be opened for scriptures. (Lk 24:38-44)

God words will transform his life. He will understand that; man

lives by God's words. (Mat 4:4) If he offers himself, surrender his mind & accept God's Words in Faith, he will encounter power of God's words working wonders in him. (1Thes 2:13) Jesus worked wonders only in people who believed in his words. When the blind man believed that; "Jesus can restore his sight", Jesus healed him. (Lk 18:35-43) The ten lepers who came to Jesus in faith believed in the command given to them. Without doubting Jesus, they obeyed his command and went to show themselves to the Priest. On the way their faith healed them. (Lk 17:11-19) Jesus said; "If you have faith as big as a mustard seed, you could say to this mulberry tree; "Pull yourself up by roots and plant yourself in the sea!" without doubting, it would obey you. (Luke 17:6)

You will see God's Glory if only you live by faith and not by sight.

(2 Cor 5:6-7) People witnessed wonders of God's goodness & activity when they accepted his words with faith. *When Jonah gave God's*

message to people of Nineveh, in faith they accepted the message as warning from God. They repented for their sins and fasted as it was told to them. Consequently, they gained God's favour and witnessed God's glory. God forgave them & restored their blessings. (Jon 3:1-10)

When Prophet Joel gave God's message to people of Palestine, they accepted the message willingly as words spoken by God and in faith obeyed the message. They repented for their sins & fasted, as it was told to them. Consequently, they gained God's favour & witnessed God's glory. God in his goodness forgave them & restored everything that they lost due to sin. God restored their prosperity. (Joel 2:1 - 28)

Jesus was amazed by faith of the Centurion, who said to Jesus; "Lord please say a word from here. My servant at home will be healed". Jesus said to him; "Go home, it will be done as you have believed". On reaching home the Centurion witnessed God's Glory; his sick servant was healed. Because the Centurion believed, Jesus sent forth his word, worked wonder and healed his servant. (Ps 107:20) With staunch faith the Centurion witnessed mighty healing power of Jesus. (Mat 8:5 - 13)

After death of Lazarus his sister Martha met Jesus, who said; 'Your brother will raise to life'. (Jh 11:20-23) But Martha did not believe. So, Jesus said to her; didn't I tell you that you would see God's glory if you believed? Then in loud voice he gave a command; "Lazarus come out" and raised him to life! Dead Lazarus came back alive. People witnessed God's Glory and were amazed that Jesus possessed such might power. (Jh 11:38-44) St Paul said; "When we brought you God's message you heard it and accepted it, not as men's message but as God's message, which indeed is! ***God works wonders & reveals his glory only to those who believe. (1 Thes 2:13) So, have faith in God's Words and experience his wonder working power which also will work in you.***

Spiritual Truth-52: GOD WANTS YOU TO CLAIM HIS PROMISES

The Scriptures reveals; God has given 8810 promises for man to live life in all its fulness. All promises are not meant for everyone. The Promises given for Priestly life and family life are different. The Promises given for the Kings and the Ordinary people are different. The Promises given for studying children and old people are different. The Promises given for business people and poor people are different. The promises given for un-married people and for widows are different. The promises for people who are broken/crushed and for the orphans are different. The promises for the faithful and for those who lost hope are

different. The Promises for God's servants & Government servants are different. The Promises for those people who honour wisdom and those who honour the world are different. The Promises for those who fear God and those who live in sin are different. **And God's promises work mysteriously among different people to accomplish God's plan.**

God has said; 'Man does not live by bread alone, but by every word spoken by God'. (Mt 4:4) And God has spoken numerous Promises for man to live life in all its fullness. (Jh 10:10) You are called to read Bible, know and understand God's Promises and claim those Promises that suits your life, so that your life will be based on those promises & thus, you will live a prosperous life according to God's plan for you. (Jer 29:11) **God who spoke of Blessings through his Promises said; "On your walls Jerusalem, I have placed sentries; They must never be silent day or night. (Our mouth should never be silent) They must remind the Lord of his Promises and never let him forget them. They must give him no rest until he restores his promises. (Is 62:6-7)**

Yes, dear believers, God's promises are always available to every one of us. And God also wants that we should claim those promises 'which suits our way of life' in our daily worship in the Morning and in the Evening, as his words says; **"Sow your seeds in the morning and in the evening, every day. You never know whether it will all grow well or whether one sowing will do better than the other. (Eccles 11:6)**

Further, devote people receive many promises suiting their life & requirement in fasting-prayer through inspired messages. (1 Thes 5:19-21) God calls you to claim those promises every day in the morning and in the evening so as to fulfil those promises. God is faithful to all his promises and he is merciful in all his acts. (Ps 145:13) And God's promises endure forever, for; "Grass weathers, flowers fade, but Word of the Lord endures for ever". (Is 40:8) Yes, Jesus said; "Heaven and earth will pass away, but my Words will never pass away." (Mt 24:35 & Lk 21:33) **So dear believers, claim those promises which suits your life. Especially, those promises which are given to you through inspired messages in fasting & prayer, so that God's plan for you will be accomplished in you and you will live life in all its fullness. (Jh 10:10)**

Spiritual truth- 53: GOD'S WORD WILL WORK MIRACLE IN OUR BODY.

Dear believer, Man was created by Words spoken by God. (Gen 1:26-31) And mankind is alive today because; Word of God is alive and active. (Heb 4:12) Our body is nourished by God's words and is held

to gather by its joints & ligaments and grows as God wants it to grow. (Col 2:19) Therefore, man does not live by bread alone but by Words spoken by God. (Mt 4:4) That is why, our body will respond for words spoken by God. Yes, God's Words restores everything that has gone wrong in our body, because; Wisdom-the Spirit of God, Wisdom-Word of God reaches every part of the creation and sets them in useful order. (Wis 8:1) Thus, God's Spirit gives us new strength & bring New Life in our body. (Zeph 3:17) St Paul said; "Even though our physical body is growing old, our whole being is being renewed day-by-day by the Spirit of the Lord." (2 Cor 4:16) Isaiah said; "Those who trust in word of God will find their strength renewed. They will raise on wings like eagles; they will run not get weary; they will walk & not grow weak." (Is 40:31)

About miraculous power in God's words, King Solomon said; "No medicine or ointment cured them. They were restored to health by your Word, O Lord, the Word which heals all humanity." (Wis 16:12) And, "It is your word that maintains those who put trust in you." (Wis 16:26) **About miraculous healing power in his words, God said;** "Listen my son, do not let my words to get away from your attention. Remember them and keep them in your heart. They will give life and health to anyone who understand them." (Prove 4:20-22) **About this miraculous power to heal our body & soul Jesus said;** "The words I have spoken bring God's Life-Giving Spirit in you." (Jh 6:63) If you believe my words, it will deliver you from bondages and heal your sick body. (Matthew 9:22)

Jesus proclaimed to the world that; his life-giving words bring life in body by raising the dead back to life by saying a word. Yes, Jesus displayed the power in his words by raising many dead people back to life. One such person who was brought to life was Lazarus. Jesus said; If you believe, you will see God's Glory & he brought life in Lazarus's dead body by giving a command - Lazarus come out." (John 11:38-44)

Dear believer, do you believe that God's Word will heal your sick body? **Jesus says; 'Only Believe,' (Lk 8:50) 'Believe in God and believe in me'.** (John 14:1) A woman who was bleeding for thirteen years believed in Jesus and touched his garments. She was instantly healed. (Mt 9:20-22) A Roman officer believed Jesus. And Jesus sent forth his word and healed the officer's servant as he believed. (Lk 7:1-10 & Ps 107:20) The ten lepers had blind faith in Jesus who said; "Go and show yourself to the Priest". When they believed and went to see the Priest, on the way, words of Jesus healed them. (Lk 17:11-19) A paralysed man was brought to Jesus by believers who firmly believed that there is power in words of Jesus. On seeing their faith, Jesus said to the man

'your sins are forgiven.' The paralysed man was healed. (Lk 5: 17-25) **Do you believe that;** 'God's words can heal your sick body & deliver you from spiritual sickness? If you believe, then you will experience God's power to work in you. (1 Thes 2:3) Jesus said to Thomas; "Stop your doubting and believe!" (Jh 20:27) Do you believe in Jesus Christ?

"Spiritual Truth – 54: Truth about eternal life"

The soul which God has placed in our body is the "Breath of God". (Wis 15:11) Our soul is a living being and it is nourished by the Spirit of God. That is why Mother Mary my said; "My soul rejoices in the Lord, my Saviour". (Lk 1:46) And St Paul said; "Rejoice in the Spirit of the Lord always. Again, I say rejoice." (Phil 4:4) **Because our soul is breath of God, it will never die. After our body dies, our soul will live forever and this life is known as Eternal Life. God who breathed a living Soul in our body wants, after our physical body dies, the soul should return to Jesus who is the keeper of souls. (1Pet 2:25) Because, God has a purpose according to eternal his plan, which is; "We should be a member in the heavenly family with Christ as head". (Eph1:7-11)**

Such wonderful thing will happen if only we truly repent for all our sins, confess them in the Sacrament of Confession (Jh 20:20-23) and receive Christ's forgiveness before we die. But if we die in mortal sin, our soul will be condemned & thrown in lake of fire to be tormented forever. (Rev 20:10 & 21:8) Those who have lived according to God's will and stored up good work will receive the free gift-Eternal Life. (Rom 6:23) They will be free from all pain and suffering in their second life. (2 Esdras 8:52-54) Their souls will rejoice in God's presence and they will always be surrounded by God's glory. (Bar 5:9) This is God's will for us. But the liar-Satan is deceiving our minds on this spiritual truth.

About people who receive eternal life, the Scriptures tells that; "God will give them the right to eat fruit from the tree of life that grows in the Garden of God. (Rev 2:7) Also "God will give them the hidden manna and a white stone on which a new name will be written which no one knows except the one who receives it". (Rev 2:17) Further, to those who victory, Jesus will give them a white robe". (Rev 6:11) Finally, they will be given authority to rule over nations & God will give them morning star. (Rev 2: 26-28) This is the truth about eternal life.

Destiny of souls which will receive eternal life and those souls which will be condemned to eternal fire was explained in Spiritual Truth-Serial No:30. **The Bible indicates that; in eternal life "our soul**

will be transformed as a star to shine forever in the heavenly kingdom of God". This is what one can discern from Word of God quoted below:

Prophet Daniel said; "The wise leaders will shine with all the brightness of the sky. And those who have thought many people to do what is right will shine like the stars forever. (Daniel 12:3)

Prophet Isaiah said; "Look up at the sky! Who created the stars you see? The one who leads them out like an army, he knows how many they are and calls each one by name! (Is 40:26)

King David said; God decided the number of stars and calls each one by name. (Ps 147:4)

Prophet Esdras revealed truth on destiny of good souls. He said: People who pleased the God Almighty in life, their faces will shine like the sun and they will be like light of the stars that never die. (2 Esd 7:97)

When Jesus explained meaning of the 'Parable of the Weeds': He said, man who sowed good seed is Son of Man (Christ) and field is the world. Good seed is the one who belong to the Kingdom of God which sprouted and produced a hundred grains. The weeds are people who belong to Evil One. When God gathers harvest, God's people will shine like sun in the Father's Kingdom. (Matthew 13:36-43)

The discernment from above words gives an understanding that; "Souls of people which receive eternal life will be transformed as a star after death and they will shine for ever"

This is the understanding of the Author based on Scriptures. There is no compulsion that you must accept it. However, you may meditate on these Word of God and keep it in your prayer for the Lord to give you discernment on this spiritual truth and also on all the other spiritual truths which was explained in this Chapter. *The understanding on these truths will definitely help you to reject sin and bring you closer to God and receive eternal life which Jesus Christ has promised. (Jh11:25-26)*

DO NOT BE DECEIVED BY THE SATAN. BECAUSE HE DOES NOT WANT YOU TO BECOME WISE BY KOWING THESE TRUTHS SO THAT YOU MAY REJECT HIM.

BUT CHRIST HAS GIVEN YOU AUTHORITY TO OVRCOME THE POWER OF SATAN WHO IS TRIGERRING YOUR SINFUL-SELF TO SIN SO AS TO MAKE YOU HIS SLAVE

CHAPTER-10

THE GREATEST SPIRITUAL TRUTH ABOUT OURSELVES

The greatest challenge you face as a Christian in spiritual life is; "To exercise 'self-control' over your 'weaknesses & desires for sins' which are your enemies that lure you to indulge in sin again & again and consequently make you a slave of the Satan."

Dear believer ask yourself the questions below to understand; "Why you are not able to get rid of your sinful habits / bondages and unholy relations"? God will give you wisdom to understand "why & how" the Satan has enslaved you as a slave for sin! Also, you will understand why you are not able to get rid of your slavery and living in bondage?

Question No-1

How many times you have willingly given-up yourself for sinful desires & committed sin without realising that your body is the temple of Holy Spirit? (1 Cor 3:16) For, God said; "Don't you know; your body is the temple of Holy Spirit who lives in you, who was given to you by God? You do not belong to yourself but to God; he bought you for a price. (Blood of Jesus) Use your body for God's Glory (1 Cor 6:19-20)

In the past, instead of glorifying God's Spirit in your body you desecrated the presence of his Spirit in you by sinning. Yes, willingly and consciously you indulged in sins such as; drinking, sinful sexual pleasures, seeing pornography, sexual fantasies, reading sinful books, using abusive language, evil actions that destroyed others life, denied justice, deceived others for selfish needs, desired for power/authority, abused power/authority, indulged in; idolatry, sinful entertainments, deceitful conversations which led to adultery & destroyed families. Also, you sinned against God by reposing faith on things which are created instead of the Creator. Further, you indulged in black magic, witchcraft, occult, pagan & satanic worship. You willingly committed sin because you desired for its pleasures. (Rom 1:21-23) Consequently, you became a captive/slave of the Satan. (Is 50:1-2 & Ezek 12:11-12)

Question No-2

How many times you have given yourself for sinful desires & your weaknesses and committed sin without seeking help that the Holy Spirit offers you to overcome them?

God the Father sent the Holy Spirit in to the world on the day of the Pentecost. (Acts 2:1-4) He is your helper who teaches everything about truth and he fills you with power and grace to overcome all your weaknesses & desires for sin. (Jh 14:14-16) In the past, when you felt that you were weak for your desires for sin, instead of seeking help of the Holy Spirit to overcome them, you indulged in sin by entertaining: vengeance, revenge, ego, pride, envy, gossip, jealousy, lust, self-abuse, uncontrollable anger, greed, possessiveness, laziness, speaking ill about others, stubbornness, arrogance, un-surrendering attitude, un-forgiving attitude, punishing attitude, quarrelling attitude, lying attitude, unfaithful attitude, blaming attitude (blaming others for your sins) & doubting attitude. You doubted your own capabilities to fight trials & tribulations and you doubted elders when they counselled you. Also, you doubted Jesus & his Life-Giving Words. (Jh 6:63 & 68) To you who doubt Jesus, he said "Blessed are those who have no doubts about me." (Mat 11:9) Further, he said; "If you believe, you will see God's Glory. (Jh 11:40) **Do you seek help of the Holy Spirit to overcome sins?**

Dear believer, do you read Bible twice a day to fill yourself with fruits of the Holy Spirit? Because fruits of the Spirit; love, joy, peace, patience, kindness, goodness, humility, faithfulness & self-control will fill you with power to overcome your weaknesses & sinful desires. (Gal 5:22) But the Satan fears that; 'you will go out of his clutches'. Hence, he will deceive/distract you, so that you will not read Bible and become strong in Spirit to reject sin. **If you are not filled with fruits of the Spirit, you will plunge in darkness & fail to see 'Light of Christ' shining on you.** (Eph 5:14) Your soul will be bound by invisible chains. Consequently, you will be a prisoner living in gloom & darkness. (Psalms 107:10-12)

Question No-3

Knowing the destructive power of sin; "did you determinedly make sincere efforts to avoid occasions of sin"?

Dear believer, God has given you 'wisdom & knowledge' about good & evil. (Sir 11:14-15) He has placed his blessings & curse and life & death before you, for you to choose. (Duet 31:1, 15 & 19) **In the past, knowing the evils of sin and its destructive power, did you determinedly choose to reject sin by avoiding sinful occasions?** Sinful occasions like: 'Visiting a particular place' may be a club for gambling, (or) drinking, (or) hacking, (or) cheating, (or) drug abuse, (or) gays /lesbians, (or) adulterers, (or) prostitutions, (or) swapping life partners, (or) wicked activities, (or) forbidden worship, (or) occasions

of being with persons who encourage you to live in sin, (or) occasions like browsing pornography sites / reading sinful books /viewing adult films, (or) occasions of dwelling on past sinful memories, (or) occasions that entertain sinful habits for which you were previously addicted to.

When Joshua, Jeremiah & Ezekiel began difficult journey in spiritual mission, God knew that they would have to face many tribulations & trials. To overcome their trials & tribulations, God warned them "To be determined & confident" in trials and remain with him by reading God's Laws twice a day in their daily worship, so as to experience his mighty power to give them victory. (Josh 1:1-9, Jer 1: 4-19 & Ezekiel 2: 1-7)

Dear believer, in times of temptations do you determinedly avoid occasions of sins by reading words of Jesus? Or, are you entertaining temptations, because you want to enjoy pleasures of sin? Pleasures of sin will not allow you to be determined to reject occasions of sin. Are your desires for pleasures of sin holding you as a captive & destroying your blessings which God promised when he called you? (1 Pet 3:9) Speak to Jesus about your inability to reject occasions of sin. Ask Jesus to fill you with grace, so that you will feel Christ's protection over you and will become strong in your weaknesses. (2 Cor 12:9-10)

Question No-4

In times of trials & temptations, do you pray to Jesus and ask for his guidance and use his words for protection from sin?

The Lord says; "Trust in the Lord with all your heart. Do not rely on your understanding. Remember God in everything you do and he will show you the right path. (Prov 3:5-6) David said; God's Spirit will shine as light in our path and will guide our feet. (Ps 119:105) And Solomon said; "What a joy it is to find just the right word for the right occasion". (Prov 15:23) It means; at times of trials & temptations, if you dwell on right word of God, the power & richness in word of God (Col 3:16) will deliver you from the awkward situation/occasion of sin.

In the past, at times of temptations & trials did you remain with Christ and prayed with right word of God to experience its power to deliver you? Had you dwelled on God's words in such time God would have guided your thoughts, made you by his light. You could have to avoided sin. Yes, if you use the right choice of word for the right occasion, you will win over trials & temptations, for; God's word is like a fire & a hammer that breaks rocks/temptations in pieces. (Jer 23:29)

In the past, at times of trials & temptations, were you united with Christ through his life-giving words? Because Jesus said; "Remain united with me and I will remain united with you". You cannot fight temptations by yourself. You can fight temptations if only you are united with me, (Jh 15:4) because, your spirit is willing to give-up sin but body is weak for sin. (Mat 26:41) Further, Jesus said; **"You can do nothing without me."** (Jh 15:5) **If you remain in me & my words in you, then you will ask for anything you wish, and you shall have it. (Jh 15:7) It is not possible for us to fight the power of sin without Christ's words.**

Further, Jesus said; Pray at all occasions as the Spirit leads. (1Thes 5:17) In the past, when you went through trials & temptations did you pray asking for God's help so that he would have protected you in your trials & temptations? Also, Jesus has given you his armour to fight against power of sin. Did you use Christ's armours to fight against evil tricks? For, Jesus Christ said; put on Armours that I have given, so that you will be able to stand against the devil's tricks". (Eph 6:11-18)

Dear believer, in the past when you underwent temptations & trials, did you use God's words as a sword to fight temptations & reject sin? (Eph 6:17) For Jesus said; use my words as weapons in order to fight well! (1 Tim 1:18) **Had you taken protection in Christ's Armour & used his words as weapons to fight temptations, surely you would have destroyed all strongholds of evil, false arguments & pulled down proud obstacles that made you fall in sin and been victorious!** (2Cor 10:4-6)

Question No-5

Having sinned and enjoyed the pleasures of sin do you justify your sins by citing your weaknesses?

Dear believer, you are weak for sin (Mat 26:41) because; the Satan had sowed 'Sin' in human body when Adam & Eve committed sin, (1 Cor 5:6-7) which is the 'original sin'. Because you are weak for sin, God promised to strengthen you in all weaknesses! He said; "I am giving you the strength to resist temptations. You will be like a fortified city, an iron pillar & a bronze wall. Your trials & temptations will not defeat you. I will be with you to protect you." (Jer 1:18-19) And, "I will make you as a bronze wall against your temptations. They will fight against you but they will not defeat you. I will be with you to protect and keep you safe. I will rescue you from the wicked". (Jer 15: 19-21)

Jesus said; "The helper, Holy Spirit will be with you to help & teach you how to overcome temptations. (Jh 14:16-26) Also, he

said; "I will give you Sure Foundation, which will make you firm in your faith and give power to resist temptations and reject sin". (1 Pet 5:10)

Dear believer, do not get deceived by relying on your mind which tells you that; "You do not have power to overcome your weaknesses". This is an act of self-petty, where a person portrays his weaknesses more than God's power to save him from the power of sin. For, God says; "Trust in me, do not rely on your own understanding". (Prov 3:5) Yes, God promises everyone to give power & strength to overcome all their weaknesses. He says; I am the one who strengthen you. Why should your fear mortal man. Why should you live in constant fear of the fury of those who oppose you & ready to destroy you? Those who are prisoners for sin will soon be free. You are my people, I have given you, my teachings. I will protect you with my hand. (Is 51:12-16) **Yes, God will give 'Power' to overcome all weaknesses which are your enemies, luring you to sin repeatedly and make you to live in sin.**

Dear believer, in your temptations, do you claim God's promises and take help of God's Spirit's to overcome them? (Or) Are you justifying your sins by hiding under an excuse, saying "It is not possible for me to give-up sins, because, I am too weak in spirit and so I can't overcome my weaknesses & sinful desires and therefore, I will continue to live in sin!" Such mind-set will sink you deep & deep in sin and the Satan will burden you with more & more sins and take you to a point of "No-Return." (2 Tim 3:1-7) Then, you will never be able to repent even if you want to repent and turn away from sin. In such situation, where you express inability to reject sin, the Satan will take complete control over you & rule over you to destroy your blessings, body, finally he will destroy your soul. You will lose eternal life. To such people Jesus said "Wherever there is a dead body, (soul dead for God) vultures will gather". (More sins will abide in them and destroy them.) (Lk 17 :37)

Do not glorify the Satan by giving importance to weaknesses. Rather, Glorify God by relying on his words to deliver you. Read more & more Scriptures, and fill yourself with word of God. Spirit of God will strengthen you in all weaknesses & deliver you from the power of sin.

Question No-6

Having committed sin and enjoyed its pleasures, do you blame others for your sins?

God has given everyone Wisdom & Knowledge to know; what is right & just to live a righteous life. Wisdom teaches man; what is

evil and by doing evil, he will live in misery & lose God's blessings. (Ps 107:10-12) No one can deny this truth. Knowing this truth, in the past, how many times you have committed sin to enjoy its pleasures and blamed others for your sins? You knew what is right & just and what is bad & evil in the sight of the Lord. Yet, instead of doing the right things and reap its benefits, you deliberately did wrong deeds, enjoyed its pleasures and displeased God. Thereafter you blamed others for your sins! Your deeds were wrong because you were not sure about God's call for you to remain holy in all things. (1Pet 1:15) Hence, you were wavering in faith like a boat caught in a storm. (James 1:6-8 & 22-25)

By blaming others for your sins, you are justifying your sins. In other words, before God, you are arguing that your sinful actions are right. Also, you cannot blame the situations/circumstances for your sins, because; "In your struggle against sin you have not yet had to resist to the point of getting killed. (Heb 12:4) Therefore, you cannot claim excuses for your sins. The truth is; if you justify your sins, you cannot repent for them, because, you are claiming innocence by blaming others or citing some circumstances or situations. By blaming others or the circumstances for your sins, you are deceiving yourself.

God will not forgive your sins, because you have not repented for sins by justifying them! Take courage to accept your sins before God by acknowledging that; 'you committed sins out of your conscious mind and did it deliberately to enjoy its pleasures. Such disposition of your heart & mind will earn you God's favour, because, God will be pleased if you accept your sins with contrite heart, for; God is pleased with broken and repentant heart. He will not reject humble and repentant heart. (Ps51:17) He will accept you as you are & forgive you.

Dear believer, do not be a coward to justify your weaknesses & evil actions and hide under others' shadow before God! Because, God knows the secret thoughts & intensions of sinners. (1 Sam 16:7, Jer 17:9-10 & Ps 44:21) Do you justify your sins to God by blaming others? If you blame others for your sins, neither will God forgive you nor will there be change in your attitude towards sin. You will continue to live in bondage of sin and the Satan will use your cowardliness to keep you as his slave! You will displease God by living in this manner!

Question No-7

Have you made a sincere decision to reject sin in all its forms?

Sin destroyed all blessings that the Prodigal Son once had when he was living in his Father's house. His sins separated him from his Father. And his sins stole all blessing he enjoyed, because; 'the Satan comes to steal all our blessings'. (Jh 10:10) He was left with nothing, not even food that the pigs ate & no one cared for him. This made him to come to his senses. He truly repented for his sins & decided to return to his Father. With a determination not to sin anymore he returned to his father's house. And his father accepted him as he was and returned all that he lost in double measure. (Is 61:7, Zech 9:12 & Lk 15:10-30)

Dear believer, your prayers are not heard by God (Is 59:1-2) and your blessings are not forthcoming because of your sins. (Duet 28:15-68) Have you come to senses to turn away from sin once and for all to reconcile with God like the prodigal son? If you have not made-up your mind to turn away from sin, even God can't help you to overcome your weaknesses & sinful desires which are your enemies. Without your decision to turn away from sin, followed by your sincere efforts & determination, you will continue to remain as captive & refugee of sin! We read in the books Jonah & Joel, when people heard God's warning to repent, they came to their senses and sincerely repented. They made all efforts to turn away from sin by fasting & praying. Seeing how they acted, God in heaven heard their prayer and showed concern for them. He answered them by forgiving their sins & restored blessings they lost due to sin. (Jonah 3:1-10 & Joel 2:12-27)

Dear believer; Do you desire to reconcile with God by turning away from sins? Have you made a decision to reject sin by avoiding all occasions of sin? Are you determined & confident in your decision? If you make such decision against sin, God's hand will be upon you because the decision you make will come from the Lord himself. (Duet 1:17) Ask yourself, what efforts are you taking to reject sin? Do you observe regular fasting on Fridays to become strong in spirit and reject sin? Do you take help of Holy Spirit in your fight against sin? (Jh 14:16)

Question No-8

Having known the truth on the destructive power of sin, having learnt about God's faithfulness to his promises and understood the power of the Holy Spirit to deliver you from bondage of sin, "How many times you have dis-regarded God's power and help of the Holy Spirit, and stubbornly committed sin out of pride, ego, vengeance, revenge, arrogance, greed and selfish desires?"

Dear believers, we are religious people who make efforts to reject sin with help of the Holy Spirit and spiritual exercises. In spite of being aware of power in God's promises and power in the Holy Spirit to deliver us from slavery of sin, in many situations we commit sin in two frames of mind as explained in the following two paragraphs:

Frame of mind - I: Our natural selfish instinct drives us to react with impulsive action in certain situations. There-by, we fall back to our 'natural-self' of being conceited and proud. At that spurt of moment, we forget all that we have learnt from Bible and out of our experiences in spiritual life. Thus, unmindfully, in impulsive reaction we ignore the power in God's promises to protect us from power of sin. Also, in such frame of mind we fail to take help of the 'Holy Spirit' to resist temptations, overcome trials & reject sin. Consequently, we fail to observe patience, which makes us to lose God's grace and, in our conceitedness, we commit sin out of impulsive reaction to the situation.

Frame of mind - II: In-spite of knowing God's faithfulness to his promises which protects us from the destructive power of sin and knowing very well that the Holy Spirit is our deliverer who will help us to overcome temptations & occasions of sin, without seeking God's help we indulge in sin deliberately, knowing all its evils because of our *pride, ego, arrogance, vengeance, revenge, greed and selfish desires.*

About such people St Paul said: "People Know God, but they do not give honour that belongs to him, nor do they thank him. Instead, their thoughts have become complete nonsense and their empty minds are filled with darkness. Knowing that God's Law condemns such people to death, they continue to commit sin & even approve others who sin. Thus, they reject God's warnings, prefer to live in sin." (Rom 1:21-32)

The Satan the deceiver, creates such situations in life to deceive us, so that we may fall in sin of out our weakness, inadvertently, and sometime we will fall in sin deliberately out of ego, pride & arrogance! Thus, in either way, we become victims of situations and indulge in sin. ***Dear believer, introspect your past to understand; "How many times you became a victim of such situation & sinned either out of 'impulsive reaction' or 'out of pride / arrogance', in spite of knowing that you could have avoided sin by taking help of the Holy Spirit and God's promises?"***

Question No-9

In times of temptations and trials, "Do you pray to Mother Mary and seek her help for protection from the malice of the Satan"?

Mary is the "Woman Chosen by God" in eternity and was given authority to crush the head of the Satan. (Gen 3:15) God in his eternal plan chose Mary to become "Mother of Jesus-Mother of God". (Lk 1:39-45) *Since Mary was to bear Jesus in her womb, God the Father gave her a "Special Grace" and made her birth a very special. Thus, Mary was born without original sin, because "Jesus being the Son of God" cannot be born to an ordinary woman who is born with original.*

Yes, Jesus being son of God is pure and holy without sin. (1 Pet 2:22 & 1 Jn 3:5) *If Jesus was to be born to an ordinary woman who carries original sin in her (Rom 7:17) then this sin will also be passed on to Jesus. If Jesus carries original sin, then, he will also be subjected to the judgement decreed upon mankind by God the Father when Adam & Eve committed sin. (Gen 3:14-19) Therefore, Jesus can't be born to a woman who is born with original sin and become one in flesh & blood of an ordinary women, there-by, share original sin in his body. So, God made Mary to be born without original sin by the power of his Spirit. In this manner Mary's birth was a unique one. That is why angel Gabriel addressed Mary as "Hail Mary, you are greatly blessed" and "you are filled with Grace". (Lk 1:28) Hence Mary is called as 'Immaculate Mary'.*

Jesus has placed his mother Mary, as the Guardian for the Church. *Such a blessed thing happened when Jesus was hanging on the cross. While Jesus was still hanging on the cross, he saw his mother and disciple were standing at the foot of the cross. Looking at the disciple he said to his mother; "Here is you son". What Jesus meant by these words is; "He gave his own mother as mother for all his disciples and for the whole mankind". Then looking at his mother, Jesus said to the disciple who was there, to whom the responsibility of building the Church was given and said; "Here is your mother." The disciple accepted Mary as mother for the Church & took her to his house. And, consequently, Mary became the mother for the believers- 'the Church'.*

The discernment on the words spoken by Jesus on the cross is; "Since the disciples of Jesus were entrusted with the immense task of raising the Church after death/resurrection of Jesus, they needed protection for themselves and for believers in Jesus- the Church, from the Evil One. Since God the Father has given authority to Mary to crush the head of the Satan, Jesus gave his mother Mary as Mother for his disciples and for his believers. Jesus placed his mother Mary as the Guardian for his disciples who are Priests in RC Church and for the believers who are the fellow members of the Church so that they all will be preserved in faith & be protected from the power of sin

by Mary. (Jn 19:26-27) Since then, Mary became 'Mother and the Guardian' for the Church. She is the one who is protecting the believers those who pray to her from temptations & snares of evil. This how the promise given by Jesus Christ to St Peter; "I will build my Church on you. Not even the Satan will have power over it" is fulfilled. (Mat 16:18) Yes, the Satan will never have power over the Church because Mary stands as the Guardian for the Church & the Satan fears Mother Mary.

Mary is the woman who was taken in to heaven alive like Elijah and crowned as the Queen of Heaven. (Rev 12:1) She intercedes to God the Father unceasingly for the whole mankind for their salvation like how she interceded with her son when wine got over in the wedding in Cana. (Jh 2:1-2) If you believe and seek Mother Mary's help & her intercession and meditate on Holy Rosary in the morning, also in the evening, she will intercede for you with God the Father for his favour & protect you by her grace from the power of sin. *If you pray to Mary, surely you will experience immense power of her grace protecting you form temptations & evil tricks. Yes, as Guardian, Mary will protect your freedom from sin and help you to overcome the desire for sin. With her help and protection, you will surely get rid of your sinful-self. Yes, Mary is the Guardian for the Roman Catholic Apostolic Church.*

Dear believer, do you accept Mother Mary as your mother and guardian? If you accept Mary, you will be immensely blessed!!!

Dear Believers, the above questions & explanations are very personal. Only your mind will know the answers for these questions. Your soul will acknowledge the truth. Speak to Jesus, your shepherd, about your inability to obey God. (Lk 11:27-28) And, in humbleness surrender your weaknesses & inability to obey God in Truth & Spirit. God is highly pleased with people who are humble and repentant. (Is 57:15 & Micah 6:8) Take help of the Holy Spirit (Jn 14:16-26) & Mother Mary, the Queen of heaven. (Rev 12:1) They will fill you with "Power and Grace" and give you sure foundation in spiritual life. (1 Peter 5:10)

This Sure Foundation will empower you and you will be able to turn away from sin. *Surly the Holy Spirit will give you courage and spiritual strength, which will help you to overcome temptations & reject sin. (Acts 3:20) You will become an "Iron pilar & Bronze wall" (Jer 1:18-19) against the power of sin & you will conquer sin. (Rom 8:37) God is faithful to all his promises and he will surely deliver you from the power of sin; "which is your Sinful-self". (Col 2:11) The Satan will deceive you to accept Mother Mary. But Jesus says; "Do not be deceived". (Mk13:5)*

THE STRUGGLE IS WITH-IN YOU

Yes, the truth is; "The struggle is with-in you". One thing that you cannot overlook or forget is; 'No Power' on this earth can compel you or force you to commit sin, unless you give your consent for sin or you wanted to commit sin or you desired for pleasures of sin & yield for sin.

Conflict in Man: You should know that human nature is "sinful nature" because the seed of sin was planted by the Satan in human flesh when Adam & Eve sinned. (Wis 2:23-24) Hence there is "constant urge" with-in man to get attracted to sin and accept sinful offers to live in sin. This struggle is going on in every person (1 Pet 2:11) however saintly he/she may be, because Jesus said; flesh is weak for sin. (Mat 26:41) **The truth on this struggle; "which every human being is going through within themselves against the power of sin," was explained as "Conflict in Man" in Chap: 2, under the heading: "Is temptation a sin?"**

"IT IS YOU WHO DECIDE TO INDULGE IN SIN!"

Given an opportunity our mind likes to enjoy all pleasures of sin (Rom 8:5-8). Yes, the desire to indulge in sin is always looming in our mind because, sin is in our blood which is the result of the original sin. (Gen 3:1-13) That is why, though our soul desires a life pleasing God, our mind is always inclined to do evil. Thus, sin which is in our blood makes us to do evil. (Rom 7:14-20) We sin against the desires of soul because our body is waging war against soul to commit sin. (1Pet 2:11)

Sin pours out from heart: God said; "Heart & mind of people are evil. Who can understand human heart? There is nothing else so deceitful and it is too sick to be healed". (Jer 17:9) Jesus said; "It is what comes out of a person makes him unclean. From the inside of a person's heart comes evil desire which leads him to do immoral things; to rob, to kill, commit adultery, to be greedy & to do all sorts of evil; deceit, indecency, jealousy, slender, pride & folly. All these evils come from inside of a person which makes him unclean. (Mk 7:20-23)

Further, Jesus said; "What makes a person unclean is the evil desire that comes from within himself". (Mat 15:11) "People wash vessels outside & polish it. But inside it is full of dirt. He rebuked the Pharisees and the teachers of law saying, "You all are tombs that are whitewashed. But inside you are full of worms and dirt". (Mat 23:27)

That is why Jesus warns us saying; "Your body is at war with your soul". Yes, human mind is always looking for an opportunity or

an excuse to indulge sin because of its inherent selfishness and sinful desires. But the Spirit of God warns everyone saying, do not give in to bodily passions which are always waging war against soul. (1 Pet 2:11)

Yes believers, there is only a thin line between being holy and being sinful. It is just a fraction of a second between your decisions to choose doing what is right, pleasing God and what is evil & wicked. The decision to commit sin comes from with-in you and it is influenced by your sinful nature, because "Sin is living in you". (Rom 7:17) Mostly you commit sin with conscious decision. But some time it is an involuntary decision. But it is you who decide to indulge in sin!

STATE OF MIND OF A PERSON WHEN HE INDULGES IN SIN

Wicked people conceive sin to be committed. They plan for it & execute it. (Prov 2:13-15) *Having committed sin, they also enjoy its pleasures & repeat it. Some people without knowing that particular act is a sin, they commit it out of ignorance. Some know that particular act is a sin, yet they commit sin because of external pressures / compelling circumstances. Now, we will understand the state of mind of a sinner.*

A person's 'will to commit sin' varies at different circumstance as understood from the following example:

Sin committed consciously: *A group of terrorists consciously plan to attack a particular Town/Society. They plan the crime and prepare for the attack, time it well and they execute it according to their plan. It is a serious crime against humanity, committed out of conscious will.*

Sin committed involuntarily: *Suppose in that same terror group, if a person is made as a member forcefully, by blackmailing him that his family will be wiped off if he does not join the group, and hence he has taken up arms out of fear of his family's safety, and executes crime along with others in terror acts, then he commits this sin involuntarily. In this manner people commit sin because of compelling circumstance.*

Sin committed without knowledge: *Suppose in the same terror group if children are recruited, brainwashed/radicalised to believe that; "killing of people of a particular religion is a service to their God", and "they will attain salvation by doing it" and if the children have believed it to be true and take part in such terror act, then those children are committing crime against humanity out of ignorance. Because, they have been made to believe a serious crime as a service to God. This analogy applies to those who are forced into prostitution or smuggling.*

Sin committed out of slavery for Sin: Dear believer, if you reflect on the instances when you committed sin in the past; you will realise, "every time you indulged in sin, you did it wilfully in conscious mind, because; you desired for those sinful acts out of your selfish desires/ ego/ pride and enjoyed its pleasures". You did not stop sinning once, but continued sinning repeatedly. Such awful thing happened because; the Satan who entered you, when you committed sin first, has made you a slave and compelled you to sin repeatedly. (Lk 11:24-26) If you yield for sin, the Satan will captivate you and compel you to indulge in sin again & again without you understanding why? Yes, this is the truth about the power of sin. (Rom7:14-20)

THE DESIRE FOR SIN IS MORE DANGEROUS THAN SIN ITSELF!

If you have committed sin casually once or twice out of selfish desire, or out of ego, or out of pride; and have given up that sin by repenting and have received absolution by confessing it in Sacrament of Confession, the hurt caused in you by that sin will be healed by the power of Anointment of the Holy Spirit in the Sacrament of Confession.

But if you desire for any sin & allow it to take deep root in you by sinning again & again, then; "your desire for sin will prove more dangerous than the sin itself". Because, when a sinner commits a crime against a person once, his act will harm the victim of his crime once. At the same time, his crime will also hurt himself because God says; if you sin, you are hurting yourself. (Sir 19:4) **Then, every time the sinner commits crime with different people, (May be serial rape/ serial killing /serial theft /sexual abuse/ adultery/ prostitution/ child abuse/ incest/ gay & lesbian relations) **apart from hurting others by his crime/sin, the sinner is also hurting himself every time when he commits that offence.****

If the sinner is habituated to commit crime or if he is a serial offender, over a period of time the crimes/sins which he repeatedly commits against different persons will hurt himself more & more, than the victims of his crimes, because; the different victims of his crimes will get hurt only once. **But his desire to commit crime/sin will drive him to commit such crimes/sins again and again. And every time he commits that crime/sin against different persons, they are hurt only once by the sinner. But the sinner will be hurting himself every time he commits that sin. Thus, he is hurt more than the victims against whom he is committed serial offence. **The sinner's repeated offences will hurt himself seriously more than the hurt that he causes to different victims. Yes, every habituated sin seriously hurts the sinner & he becomes sick.****

His repeated offences will destroy his physical body & spiritual life. By indulging in sin/crime repeatedly, without his knowledge he will hurt himself grievously. Consequently, repeated hurts caused to him by his own crimes will gradually destroy his body, (Prov 5:1-11 & Jas 5:2-3) and his soul will be sick. (Jer 17: 9-10) About this Jesus said; "the thief (his sins) comes to steal, kill & destroy." (Jh10:10) Thus, a man who indulges in serial offences can't live good life, because his sins/crimes will bury his soul darkness & he will lose God's presence in him. (Rom 1:21-32) **The Satan will drag him to a point of 'No-Return', where he can't repent even if he wants to. (2 Tim 3:1-7) His passions for sin will make him to lose God's free gift- "Eternal Life". (Rom 6:23) The desire to commit sin therefore is more dangerous than sin itself.**

Dear Believers, hope this discourse would have made you to understand; "Why human beings are sinful in their life and why they are not able to reconcile themselves with God to live a righteous life"? Though we want to live a life 'free from sin', we are not able to give-up sin, because, we are weak for sin and hence, we are captives & refugees for the power of sin. (Ezek 12:11-12) Yet, we are not lost for God's Grace which is available to us in abundance, (Rom 5:20) if only we realise and seek for it. This grace will give us power to turn away from sin, because; "In our weakness we will experience Christ power over us". (2 Cor 12:9-10) God Knows all our weaknesses & inability, and that is why he is so patient with us and eagerly waiting with his open arms for rebellious people to return to him (Rom 10:21) in humbleness, with broken & repentant heart. (Joel 2:12-13) ***Yes, God is waiting for you! Because, he calls you as his dearest son the child he loves best. (Jer 31:20) Do you have the thirst to respond to God's call positively? Speak to Jesus about it. He is waiting to enter your life (Rev 3:20) and make your life a celebration, so that you may live life in all its fulness. (Jn 10:10) Yes, it is your decision that Christ is waiting for!***

***The Satan tempts us to commit sin. But it is we who decide to commit sin. Tremble with fear and stop sinning. Think deeply when you lie in your bed and respond to God's call for repentance positively!
(Psalm 4:4)***

CHAPTER - 11

FALLING IN SIN AND RAISING IN SPIRIT IS BOUND TO HAPPEN IN SPIRITUAL LIFE

"The Sacrificial Love of Christ will enrich you with Grace to raise above your sinful-self"

Dear believer, you live in flesh & blood, hence you are weak for sin. However, "The goodness of God and his glorious presence is with you forever." (1 Esd 5:61) By his presence & goodness, the Holy Spirit is making you to be conscious of your sinfulness and is gently leading you to repent, (Rom 2:4 & Wis 12:1-2) so that you may make sincere efforts to turn away from sin," as God says; "My people will return weeping and praying, as I lead them back. I will guide them to streams of water by smooth road where they will not stumble. (Jeremiah 31:9)

Indeed, our God is merciful. He is waiting for you with open arms for you are disobedient & rebellious (Rom 10:21) to enrich you with grace (Rom 5:20) & give you spiritual strength (Acts 3:20) so that you will raise above your sinful-self (Col 2:11) and experience fullness of Christ in you. (Col 2:6-23) Christ's Spirit will give you understanding on Father's goodness & his sacrificial love (Heb 9:23-28) and make you to realise that; "God's love for you is ever enduring (Lam 3:22-23) & nothing on earth can separate you from love of Christ". (Rom 8:35-39)

This understanding will make you to fathom Christ's Love for mankind, which made him to endure such cruel sufferings that no one on earth has ever endured, in order to redeem you from the bondage of sin. Christ was blame less, yet his love for you made him to die like a criminal on the cross, though he being Son of God. (Is 53:4-10) Thus he revealed his unconditional, everlasting love for you. (Jer 31:3) **Such great love of Christ will revive your hope (1 Pet 1:3-5) and renew your life when you are lost for this world and dead in sin. (2 Cor 4: 16 - 18)**

Scriptures reveals that Christ's love changed Peter who fell in faith and denied Jesus thrice, though he was with Christ for three years. Later Peter was chosen by Christ to head the Church. Yes, Peter could not hold on to Christ's words who said 'come'. On seeing strong wind, he fell in faith and drowned in water. But Jesus revived his faith. (Mat 14:22-32) Later, Peter denied Jesus thrice on the day of his

passions. (Mat 26:69-75) Yet, Jesus did not lose hope on Peter but renewed his faith again, made him head of the Church. (Mat 16:18-19)

"You are renewed in Spirit, yet you fall in sin again"

Christ expressed such great love for you so that you should not die in sin, but repent and gain eternal life (Jh 11:25-26) which is God's free gift of you. (Rom 6:23) Having realised these spiritual truths, you definitely make sincere efforts to turn away from sin by following the Scriptures and by practicing the spiritual exercises which the Church teaches. You repent, you fast, you observe abstinence & confess your sins. In true repentance and confession of sins to a Priest you receive God's forgiveness (Jh 20:21-23) and get your spiritual life is renewed. At this juncture you feel God's presence which gives you heavenly Joy.

But the Satan who is jealous of your privilege of being God chosen child (Wis 1:23-24) will work to deceive and trap you in sin again. (Jh 8:44 & 1Pet 5:8) Jesus calls it as the return of the evil spirit. (Lk 11:24-26) The Satan lures you again to sin and destroys the joy of God's presence in you and steals your blessings. Hence, Jesus warns; "the thief comes to steel, kill and destroy all your blessings". (Jh10:10)

"Your selfishness takes precedence and makes you fall in sin again"

Having sinned again you feel miserable, deceived & disgusting, because you have gone away from God's saving presence. (Rom 3:23) At this juncture you realise that your selfish desires, ego, pride and arrogance have blinded your mind for teachings of Christ and you failed to observe fruits of the Holy Spirit to overcome sin. (Gal 5:22) Such awful thing happens to you because of your inherent selfishness, which takes precedence over all good virtues that you learnt in spiritual life.

"Often you commit sin out of involuntary actions"

Yes. It happens many times, due to spontaneous response of mind to the situation you commit sin. In certain situations, in the spurt of the moment your mind does not observe patience and fails to reflect on what God has spoken about such situation. **Momentarily your mind fails to fall back on Scriptures and use the right choice of word of God to respond to that situation.** (Prov 15:23) Instead, you act impulsively without reverence to Scriptures. Consequently, you fall in grace to observe 'Patience' which is fruit of the Holy Spirit. (Gal 5:22)

Thus, you become a victim of your weakness-impatience & commit sin. Later you regret that you have fallen in grace to observe patience/self-control over your emotions. The Satan who knows your weakness-'Impatience', will create such situations to trap you again & again in your impatience. Thus, you will fall repeatedly in this manner.

**"In your spiritual distress you fail to understand
The Unending love of Christ"**

At this Juncture you did not really intent to commit sin or you did not intent to cause hurt to others by your words or actions, but you only lost patience which is your weakness. The Satan creates such situations so that you may lose patience and fall in sin. Once you fall, he binds you with invisible chains. (Ps 107:10-11) Thus the Satan will use your weakness as a powerful weapon to make you fall repeatedly. In your impulsiveness, you fail to rely on God's words. (Prov 3:5) Also, you fail to take help of the Holy Spirit to overcome the situation. (Jh 14:26) Later, you realise that you have been deceived by the Satan, committed sin and deeply regret that you have caused hurts to your neighbour/loved ones by your wounding words/foolish actions.

In such situations you feel that you do not deserve Christ's Love because of your unworthiness. Some believers who fell as victims for such situations have punished themselves in many ways. And some even have taken extreme step and ended their life, because they feel unworthy before God. *Dear believer, if you are living with such attitude, it is a sign that you have lost hope in Jesus, for you have failed to recognise his unending forgiveness. God says; "For those who live in union with Christ, there is no condemnation, (Rom 8:1) because Christ said; "I will never leave you; I will never abandon you". (Heb 13:5) "You will lose hope in Christ if you have not understood the length & breath and height & depth of his love, although you may come to know of his love, it cannot be fully understood by your mind". (Eph 3:17-19)*

"You fail to depend on un-ending forgiveness of Christ"

Christ is God who existed before Creation (Jh 1:1-4) He holds the whole universe by the power of his word. (Heb 1:3 & Sir 43:26) He knows every word that you speak before you utter them. (Ps 139:4) He knows all the secret desires of your heart. (Ps 44:21 & Jer 20:12) He knows every thought of your mind. (1 Sam 16:7) He sees you as a whole person from the time you were conceived till your death, for he has known you before you were conceived in mother's womb. (Jer 1:4)

In spite of knowing your sinfulness and your unworthiness, he said; "I have called you by name, you are mine, (Is 43:1) you are precious to me, (Is 43:4) and you are my dearest son, the Child I love best. When I mention your name, my heart goes out for you; I will be merciful." (Jer 31:20) So great is Christ's love for you that his love can never be understood by mind. Because of his great love, he said; "How much ever sinful you are, I will never leave you nor forsake you, (Heb 13:5) and I have swept away your sins like a cloud, come back to me mortal man, I am the only one who can save you. (Is 44:22) I will never remember your sins any longer. (Isaiah 43:25 and Hebrews 8:12)

Jesus said; I love sinners, not their sins. Yes, dear believer, how much ever sinful you are, Christ is willing to forgive your sins and accept you as you are in all your weaknesses, because he said; "I came for the sinners. I came in search of Love, not sacrifice." (Mat 9:13) Jesus has given you a command; "Forgive your enemy seven times seventy." (Mat 18:22) Which means; "You are supposed to forgive your enemies endlessly". If Jesus has given such a command to you, 'who are a sinner' to forgive your enemies endlessly, "As King of kings, Lord of lords and Prince of peace and as Son of God, will he not forgive your sins endlessly, whatever it may be, if you repent truly & return to him"?

**"Do not doubt your faith by doubting Christ's
Unending forgiveness"**

Never lose heart even if you fall in sin again & again. It is very important that you never doubt Christ's unending forgiveness! Because;

- >> If you doubt Christ's forgiveness; "You are doubting his Ministry of Forgiveness, established as Sacrament of Confession." (Jh 20:21-23)
- >> If you doubt Christ's forgiveness; "You are doubting the sacrifice that Christ made for Salvation on the Cross". (Heb 9:23-28)
- >> If you doubt Christ's forgiveness; "You are doubting Scriptures and the power in Christ Words, which is message of love." (Luke 5:32)
- >> If you doubt Christ's forgiveness; "You are doubting your faith in Christ and also you are doubting the truth in his Ministry." (Mat 11:6)
- >> If you doubt Christ's forgiveness; "You consider that; Christ died for nothing." St Paul said; Christ's death on the cross is power of unending forgiveness for those who believe. (1 Cor 1:18)
- >> If you doubt Christ's forgiveness; "You have no reverence to God's plan for you on this earth. (Jer 29:11) Because, God want to use you as his instrument and accomplish his plan through you to spread the message of Good News on unending forgiveness of Christ. (2 Tim 2:21)

>> If you doubt Christ's forgiveness; "You have no reverence to God's eternal plan for you; where-in, your soul will be cleansed by unending forgiveness of Christ, there-by you become a member of one family along with heavenly beings with Christ as its head. (Ephesians 5:7-11)

Your life is hidden with Christ in God. (Colossians 3:3) Dear believer never doubt the unending forgiveness offered by Christ so long you live on this earth which is the period of Grace. Because, more you sin, God will fill you with more of his grace to strengthen you against sin. (Rom 5:20) Yes, Christ's grace will continue to flow till your death.

Never doubt Christ's forgiveness and lose blessings that you will inherit through his forgiveness. (Joel 2:12-27) The Satan, the deceiver is deceiving your mind to doubt the forgiveness offered by Christ, so that you will always live in sadness, depression, distress and despair which will make you to lose hope in Christ and there-by it will destroy your spiritual life and your family. However, God calls you to be joyful always, pray continually, and give thanks to God in all circumstances for this is God's will for you in Christ. (1 Thes 5: 16-20)

Dear believer, however sinful you are, do not lose happiness a single day. For, Christ has already paid price for your sins on the cross & forgiven all your sins. (Heb 9:12-15) Only repent, turn away from sin and live in union with Christ. You should die for sin to feel more of Christ in you, for St Paul said; "For me to live is Christ, but death (dying for sin) brings more of Christ" (Phil 1:21) Yes, if you turn away from sin you will experience fullness of Christ in you. (Col 2:6-23 & 3:1-4) Your life is hidden with Christ in God. Your real life is Christ. When he appears then you too will appear with him & share his glory (Col3:3-4)

"Where sin increased God's Grace increased much more"

You carry death of Christ in your mortal body at all time. (2 Cor 4:10) It means, you should die for sin and be raised to life by God's Spirit, like how Jesus Christ was raised to life from death by the power of God's Spirit. (Rom 8:11) Dear believer, while you are on earth your life will be full of ups & downs in Spirit. In flesh you fall in sin. But by the power of God's grace which you receive in Sacrament of Confession you also raise to live with him through his forgiveness. (Jn 20 :21 - 23)

Yet, you fall in sin again and again. But you also raise in spirit every time you fall by God's grace in the Sacrament of Confession. This spiritual renewal is real & it is happening in every believer's life because

we are living in a world which is ruled by the Satan. (Rom 3:22) He is roaming to devour the children of God. (1Pet 5:8) He comes as angel of light to deceive even God chosen people. (2 Cor 11:14-15) But, your spirit and your life is renewed day-by-day by God's grace. (2 Cor 4:16)

Yes believer, because of original sin 'sinful nature' is formed in you. Hence you to get attracted to sin & live in sin. However righteous & holy you are, at any point of time you can be deceived by desires of flesh to fall in sin. This is the bare truth about your life. But God's grace is much more powerful than the nature of sin which is working in you. **God said; where sin increased my grace increased much more to strengthen you against power of your sinful-self. (Rom 5:20)**

"Your spiritual distress will not overwhelm you"

Dear believer, because 'Sin' lives in you (Rom 7:17) you are bound to go through such spiritual distress within you. But this struggle what you go through with the evil spirits (Eph 6:12) will not overwhelm you, because Jesus said; "The troubles of the world will not overwhelm you, because; I am with you." (Is 43:2 & Jh 16:33) The troubles (temptations & trials) of this world will not drown you and you will not die in sin, because God promised that; "The rivers (river of sin) will not drown you." (Is 43:2) He will send his angels to guard your feet lest you drown in the river of sin. (Ps 91:11-14) The fire of this world (all kinds of sin & sickness) will not catch upon you and burn on you, (Is 43:2) because the Shepherd of souls (1 Pet 2:25) Jesus Christ will be with you and he will never forsake you. (Ezkl 34:16 & Heb 13:5)

You will live to witness such spiritual wonder, because; "the Lord himself will defend you like a wall and protect you." (Is 60:18) Yes, the Spirit of God will burn around you as a wall of fire to protect you from the snares of the evil one. (Zech 2:5) The arrows of the enemy will not reach you. (Ps 91:3-6) So, be joyful always and pray continually, (1 Thes 5:16-18) because; "you have a redeemer Jesus Christ who will redeem you from the power of wicked (Jer 15:19-21) because, Christ is still working on you to make you what he wants you to be. (Phil 1:6) **Yes, Christ will lead you in repentance, (Rom 2:4 & Wis 12:1-2) and fill you with abundance of grace to be strong and faithful. (2 Cor 12:9) In spiritual life, when you pass through sea of trouble, Jesus will strike the waves, (Zech 10:11) and calm down the winds, (Mk 4:35-41) and bring peace in your spiritual life. (Jn 14:27) Yes, Christ will pour his Spirit on you and counsel in all your actions (1 Jh 2:27) and lead you in the road of holiness. (Is 30:20-21 & 35:1-10)**

"God will give you Sure Foundation"

Dear believer, as you understand from this chapter that; If you accept the sacrificial love of Christ (Jn 3:16 & Eph 3:17-19) "which enriches you with abundance of Grace" (Rom 5:20) to remain firm and raise above your sinful-self, (Col 2:11) and also if you renew yourself by the Spirit of God, day-by-day, (2 Cor 16-18) you will realise the unending love of Christ. (Jer 31:3 & Heb 13:5) This unending love of Christ will make you to depend upon his unending forgiveness, without doubting his forgiving love (Mat 18:21-22. Rom 5:8 & Rom 8:1). In such spiritual life, you will overcome the spiritual distress which you encounter in this sinful world every day. (2 Cor 6: 3-10) This sacrificial love of Christ, his unending forgiving love and abundance of grace will transform you as an Iron Pillar and a Bronze Wall against sins of the world, especially against all your weaknesses and sinful desires which are your enemies that make you as a slave for sin. (Jeremiah 1:18-19)

If you make up your mind to be determined & confident against all trial & temptations (Josh 1:5-9) God himself will be with you and fight for you. (Ex 14:14) All the sinful attractions of this world, your old sinful habits, your old sinful relations, your past sinful memories and your old sinful fantasies will come back and fight against you to make you a slave for sin again. But God will transform you like a solid bronze wall against them. They will fight against you, but they will not defeat you for the Lord himself will be with you to protect you, rescue you from the power of wicked & give victory. (Jer 15:19-21 & Ex 33:14)

Without Sure Foundation in spiritual life, you will fall in sin, repent, confess your sins & receive absolution. Yet, again you will get tempted, fall in sin, repent and confess sins to receive absolution. This spiritual process will become an endless religious practice, because, people take forgiveness of sins through Sacrament of Confession as granted. And also, such special grace which is "God's free gift" (Rom 6:23) is freely available without any restriction in the Catholic Church.

However, in such practice, people repent & confess sins only to receive absolution to overcome spiritual distress. Such practice, then, becomes an out-word form of religious practice where people lose the real essence & sanctity of the Sacrament of Confession. (2 Tim 3:5) Thus the Sacrament of Confession will become a symbol of external ceremony having lost its sacrosanctity, (Phil 3:3) for, God says; "There is no longer any sacrifice that will take away sins, if we purposely go on sinning after truth has been made known to us." (Hebrews 10 :26)

It means, believers are not keen to experience the real freedom from sin which Jesus Christ offers. (Gal 5:1) Yet, believers use the Sacrament of Confession as religious ritual only to take part in Lord's Banquet in an honourable manner. (1 Cor 11:27-32). Over a period of time, such mind set will make them as slaves of sin, because they do not have power to resist temptations & reject sin in all its forms, at all cost, to experience the real freedom from sin which Christ offers. **However, if you take your life seriously and determinedly practice the spiritual exercises which have been advised in Chapter No- 3: How to Conquer Sin? you will progressively gain spiritual power to overcome all your weaknesses & you can reject the desires for sin.** (Prove 2:16)

Finally, you will reach a stage where you will become a rock in spiritual life, as Jesus said to Peter; "You are a Rock. On this rock I will build my Church." (Mat 16:18) God will transform you like an Iron pillar and a bronze wall against the powers of darkness. They will fight against you, but they will not defeat you. Yes, sin will have no power over you, for; Christ will be with you & give you victory. (Jer 15:9-21)

This stage is called as "Sure foundation in Spiritual life". St Peter spoke about this and said; "After you have suffered for a little while, God of all graces who has called you to share his eternal glory in union with Christ will himself perfect you, give you firmness, strength and Sure Foundation". (1 Pet 5:10) This Sure Foundation in spiritual life will empower you to "walk on snakes & scorpions (your weaknesses & desires for sin) and overcome your enemy which is "your sinful-self". Thus, you will conquer sin and become a new creation in Jesus Christ.

In union with Christ, you will be raised to life, (Rom 8:11 & 2 Cor 5:17) because, you believe in him. Because you believe in him, you will not be disappointed. (Rom 10:11) Yes, you will not be disappointed because; **"The Goodness of the Lord and his Glorious presence are always with all Israel forever to give victory".** (1 Esd 5: 61)

**All Things Are Possible for Those Who Believe
In Jesus Christ.**

He Will Not Let You Fall!

**"With Him You Can Walk on Your Weaknesses
And Sinful Desires"**

CHAPTER -12

"THE FINAL MESSAGE"

"God warns you; "Avoid sin as if it is a snake"

Dear believer, by now you would have understood the gravity of your sinful nature and the consequences of your sinful acts. The power of sin, which is your "sinful-self" is burning in you to destroy your physical body which is the temple of the Holy Spirit (1 Cor 3:16) through decease & sickness. (Prove 5:1-12 & Jas 5:2-3) Also, your sinfulness is progressively corrupting the soul so as to remove presence of God in order that; "you may not rejoice in the Lord", (Phil 4:4) but "suffocate in darkness being bound by invisible chains". (Ps107:10-12) Finally, sin which lives in you (Rom 7:17) will destroy your eternal life.

Yes, sin is like venom of a snake. (Prov 23:31-32) *If venom of a snake enters human body it will destroy the blood vessels and disintegrate the flesh, leading to death. (Sir 21:1-2)* Similarly, if sin enters your body, it will destroy your health and material blessings that you have. Also, it will destroy your family & spiritual life. Finally, it will destroy your soul & eternal life promised by Jesus. (Jh 11:25-26) **God warns sinners that;** "Strangers will take all your wealth, and what you have worked for will belong to someone else". "You will lie groaning on death bed your flesh and muscles being eaten away". (Prov 5:11-12)

Have you decided to give up sin & reject the Satan? *If you have decided, then God is waiting with his open arms to help you. (Rom 10:21) Our Help Comes from the Holy Spirit. (Jh 14:16-26) But it is only you who have to make this decision to reject sin. Because, without your decision to turn away from sin, even God cannot redeem you from the slavery of sin. If you whole heartedly desire to be saved from the power of sin, which is "your sinful-self", then this book will be of immense help for self- realisation. Also, it will guide & help you to give-up sin. "This book is based on the personal experiences of the Author".*

If your mind says 'it is too early in life to give-up sin' because "you are young and must enjoy all the pleasures of the world and you will decide to give-up sin at latter stage", then you are sadly mistaken. You never know when your life will end. Jesus said; "Be on guard, then, because you do not know the day or the hour when your life will be taken away from you." (Mat 25:13) If you die in sin, you will your eternal life. Or, "Are you a person who have rejected Bible to live for pleasures"? Then reading this book is just like a novel for passing time!

Dear Brother/ Sister, what is your decision about your life with reverence to your eternal life? Have you decided in favour of eternal life to enjoy presence of God for ever and ever, by giving up your sins? If your answer is yes, then God has something to tell to you. He says; "In my Covenant, I want to bless you with all good thing. Yes, I take pleasure in doing good things for you". Honour My Words given below, for your own good & for the good of your descendants. (Jer 32:38-41)

Now listen dear Brother/Sister to what the Lord says:

"If you hear God's voice today, do not be stubborn." (Heb 3 :7)

"If you hear God's voice today, do not be stubborn." (Heb 3:15)

"If you hear God's voice today, do not be stubborn." (Heb 4 : 7)

The Lord repeats this warning call for repentance - three times, because people are stubborn in their heart and disobedient in mind. Such awful thing happens because the Satan has blinded people's mind (2 Cor 4:4) for the Spiritual Truths that Scriptures reveals to mankind.

Dear believer,

> Are you blind for Spiritual Truths that are revealed in Chapter No:9?

> Are you also stubborn like people who are lost in sin? (Rom1:21-32)

> Aren't you keen to yield yourself for Word of God? (Luke 11 :24-26)

> Aren't you keen to save your soul from the fire of hell? (Rev 20:10)

Speak to God about your inability to respond positively. His Spirit will break your stubborn heart & disobedient mind. (Jer 23:29) He will give you a humble heart & an obedient mind! - It is God's promise for you. (Ezkl 11:19 & 36:26) Because, God does not want you to live in sin and lose the promised eternal life. He does not rejoice seeing your soul tormented eternally. Yes, God wants sinners to repent, turn away from sin and enjoy eternal life. (Ezek 18:23) He is near to those who are discouraged, and he saves those who have lost all hope. (Ps 34:18)

You have seen God does not only protect you from evil spirits, he also has given you power to rule over "sinful desires & weaknesses" which are your enemies who steal, kill and destroy your blessings. (Jh 10:10) Indeed, God has given you power to destroy & overthrow your enemies. (Jer 1:10) For, he said; "I have made a covenant with you; I have given you my 'Power' & my 'Word' to be yours forever. From now on you are to obey me, teach your children & your descendants to obey me for all time to come". (Is 59:21) God calls you to repent for your sins and come near him to understand his love and his promises for you, so that you will realise that God has given power to everyone who are created in image of God to overcome the power of the Satan.

Yes, God wants to transform your inner-self as a wall of bronze against enemies so that they do not defeat you. (Jer 15:20-21) By this transformation you receive authority to walk on snakes and scorpions (Luke 10:19) and rule over your sinful-self forever. (Wisdom 6:20-21)

Many references from Bible have been quoted to support these spiritual truths. These are the promises which God has given to his people who are created in likeness of God, (Gen 3:27) so that they will know God, experience his love, forgiveness, power and gain freedom from slavery of sin to receive the 'Free Gift - Eternal Life. (Rom 6:23) Hence do not doubt God's promises. *"Trust in his promises with all your heart, never rely on your own understanding. Remember God in all things you do, he will show you the right path."* (Pro 3:5-6, Ps 119:105)

Yes, dear believers God will redeem you from the slavery of sin & give power to walk over your weaknesses & sinful desires (Lk 10:19) for all time, until the day of the Lord (1 Cor 1:5-8) so that you will receive the 'White Robe' to enter the promised Eternal Life. (Jh 11:25-26) God will keep you safe from the Evil one, (2 Thes 3:3) because, God is faithful to all his promises & merciful in all his acts. (Ps 145:13)

The one who called you will deliver you from the power of your sinful-self, for he cannot be false to himself. (2 Tim 2:13) God who has called you by name (Is 43:1) says; "You are precious to me." (Is 43:4) So, he will defend and protect you like a wall. (Is 60:18) His love will burn around you as a wall of fire to keep you safe from the power of sin. (Zech 2:5) He will give you sure foundation so that you will be firm in faith till the end. (1 Pet 5:10) God will Shepherd you, (Ps 23) lead you in the path of holiness (Is 35:1-10) and guard you day & night from the Evil One. (Ps 121) *Like how God the Father preserved the disciples in faith by the power in the Name JESUS, he will preserve you from the Satan by the power in the Name-JESUS. (Jh 17:11-12) Indeed, God will do it, for his faithfulness endures forever. (Ps 100 :5)*

"Jesus Warns you"

Do not wait for even a single day. Repent & Confess your sins. Because you do not know the day & the hour when you will die!!!

CHAPTER-13 THE SHEPHERD OF SOULS COUNSELS & WARNS YOU

“Jesus Christ Counsels You and He Says”

> Blessed are those who hear Word of God and obey it. (Lk 11:28) For there is no longer any sacrifice that will take away sins if you purposely go on sinning after the truth has been made known! (Hebrews 10: 26)

>> May God bless everyone who gives attention to these teaching! Whoever takes them to heart will become wise. Whoever lives by them will be strong enough for any occasion, because he will be walking in light of the Lord, (Sir 50:28-29) and in the road of holiness. (Is 35:1-10)

>>> There will be more joy in heaven over one sinner who repents. & The angels of God rejoice over one sinner who repents. (Lk 15: 7 & 10)

“Jesus Christ Warns You and Says”

I. You are living in the period of Grace where Jesus forgives sins if you truly repent & confess your sin. This period of grace for forgiveness of sins is available to everyone till his last breath. (Jn 20:21-23) After death there is no forgiveness, for he will deal with your sins, (Heb 10:26-31) which means you will be Judged for your evil deeds. (Rev 20:12-13)

II. Further, there is will be a period of tribulation (Dan 9:26-27) which will last for three & a half years during which the Satan will rule the world to destroy faith of believers in Jesus. Sin will be the order of the day. (Mat 24:15-28) However, God’s grace will be available abundantly to all before death. (Rom 5:20) To escape wrath of God & punishment of godless, now it is time for you to repent before you die and reconcile with God to receive forgiveness & the promised eternal life! (Jh 11: 25)

III. Listen, if you have ears! (Mat 11:15) “If you have ears, listen what the Spirit says to the Churches. (Rev 2:29 & 3:6, 13 & 22) To those live by these teachings & win the victory, I will give them the right to eat the fruit of the tree of life that grows in the Garden of God.” (Rev 2: 7)

IV. To those who win victory I will give hidden manna. I will also give each of them a white stone on which is written a new name that no one knows except the one who receives it.” (Rev 2:17) To those who win victory, I will give them a white robe, (Rev 3: 4 - 5) which is Eternal Life.

*“At least now repent sincerely and return to the Lord;
Do not tear your cloths, but your heart”
The Lord is merciful & ready to forgive you. (Joel 2:12-13)*

*Are you still contemplating to turn away from your sins?
Christ is waiting with his open arms for you to return to
him with true repentance. (Rom 10:21)*

*If you return with true repentance, he will gather you with
compassion (Is 54:7) and restore all your Blessings you
Lost due to sin in double measure. (Is 61:7)*

*If you truly repent Heavens will open up and your sins will
be forgiven. You will receive God’s free-gift
Eternal life. (Rom 6:23)*

“Heaven Rejoices When One Soul Repents”



*You are Chosen by God to enjoy the heavenly glory And God’s
Splendour for eternity. (Jn 15:16)*

