
THE BUOYANT LIFE

DROP, FILL AND EMERGE



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CROSSROADS CHURCH

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THE BUOYANT LIFE

An iceberg moves upward it grow under extreme conditions as it changes its surroundings. We can learn a lot from an iceberg. A new chance for a fresh start that does not include things that have held us down in the past. Every January we are given a chance for a fresh start during a cold time. An iceberg thrives when it's cold. Extremely cold conditions can make us better if we chose to live by our God-given formation. God made you to influence cold moments rather than cold moments influencing you. He formed you to grow under cold conditions. An iceberg influences it's surrounding. When you look at a body of water with one in it, you'll probably look at the iceberg rather than the water. It shows you something amazing in the middle of something ordinary. So, in order to be like the iceberg our sinking feelings need to go, we need God's empowerment to grow within us, and we need to show the rest of the world what it looks like by emerging above cold environments. Some things need to go! Other things need to grow. There are some things that need to show. Show those surrounding you who you are in Christ rather than trying to blend with who they are. Choose to emerge from your extreme surroundings by trusting in the Lord!

Chapter 1

DROP

Some things need to drop off...

There are four things that must drop off of each of us if we are going to rise above our situations. The first letter of each thing works as an acrostic to spell out the word: DROP. 1. Doubt 2. Rudeness 3. Occupation 4. Pride. The last one tends to be the most prominent of all. These characteristics that drag us down are rooted in pride. When we think that our way is flawless then we are setting ourselves up for failure (Proverbs 16:18 “pride comes before destruction...”). Our occupation can pull us down with it. If we are occupied by our work, things to watch or our own way we will miss out on God’s way (Luke 10:41, 42). Also, Rudeness attacks so many people who overcome doubt because we are weak and too often, being human, we attempt to keep people at a lower level than us. We must attempt to overcome feeling like we are better than those who have yet to overcome things that we have conquered. If we do not we will be set back ourselves. The largest weight of all is doubt. When we doubt we will fall for anything. So, this section is all about dropping thing things that pull us and hold us down.

Doubt will weigh you down to the point that it will pull you down with it. Living with a doubt is like swimming with a cinderblock attached to you. The more doubts you hold the more you will be weighed down. It's far better to swim with your head above the water! So, in order to start moving up, you have to choose to remove and reject doubts. Some doubts are things you are already holding as you move along. Removing them happens by making a choice to drop them. Not only do you need to drop them, but you also need to reject any future doubts that attempt to attach themselves to you. Get the doubts off of you and keep them off.

Let's get practical and do something about doubt right now. First, we have to make a choice to take a long hard look at areas where doubt has crept in. Some areas are easy to spot so go after those first and then start looking for deep areas that attached themselves to you in the past. It's going to take focusing on what's in your heart and praying that the Lord will show you how to recognize the areas that you are struggling to release. Once you recognize them you should remove them (let them drop). Second, look at sources of doubt in your life. Are there people that are constantly criticizing you? You may not have to go there way any more. Even if you do, you do not have to

accept their criticism. Are there places you are going that influence you toward doubt? If so, you can stop going there. Are there things that you are experiencing that are giving you doubt? You can always stay away from them. The best thing to do is to stop hanging out with doubt and start hanging out with faith. Start evaluating your life and get rid of doubt and embrace faith.

Warning! There is something that you will have to be very careful to avoid when you start to remove and reject doubt. You will have to guard yourself against acting rude toward those who are still being pulled down by it. Rudeness is not the will of God for your life. It's a trap we can all get caught in. For example, I quit smoking once and started to act rude toward smokers. Before long I fell back into a smoking addiction. Later on I was about to stop again. I chose to stop acting rude toward people who struggle with smoking. Treating other people wrong just because you got something right makes you more wrong than them (Matthew 7:1-5, Romans 2:1-2).

We must obliterate rude feelings by recognizing them and ripping them away. Recognizing them happened when we get alone with God and ask Him to reveal the true nature of our heart. We may not like what we see but that's how

conviction works. We realize where we are wrong so that we can rip it off of us. Once you recognize a rude area in you heart, see it as a stick that must be ripped away. For example, if you discover that you are treating homeless people rudely, then you can picture the words rude to homeless people stuck on your heart like a sticker. Then choose to rip it away. You do not have to do this in front of people, but you can speak out loud the words “I am ripping this away” as you pull your hand away from your heart. Then throw that “sticker in the fire” (speaking with imagination).

Once your heart changes you will be able to oppose the rude thoughts that try to come up in your mind. Rather than driving by a homeless person and thinking the word “worthless” you can change it to “worthy.” When people start to see them as worthy of God’s love, it changes everything. By the way, the same principle works for all types of people. So take time to oppose rude thoughts.

Occupation is a word we sometimes use to describe a career that we've spent a great deal of time and money to be trained to do. Many time’s our “occupation” becomes the thing that occupies time that we could have spent

with God, family and friends. We really should do something to change this way of doing things. How can we change it? I'm glad you asked. The following two paragraphs lay out something you can do to put God in the middle of all that you do.

Pursue heaven's provision rather than this world's pleasures (Matt. 6:19-21). There is a trap that many people get caught in by working hard to purchase things that advertising promotes as pleasure givers. In an ad you might read that if you take this one vacation, as you drink this one drink and hang out with a large group of people you will find pleasure. Too many people find that they have to work a massive amount to get to that place and when they drink the drink they get too tired to do anything and they discover that they are by themselves because their "friends" found other things to do. You do not want to be like this person. God can give you deep joy in the middle of bad circumstances and bless your socks off on a vacation that provides no hangover. That's real if you choose to be occupied by the Holy Spirit rather than being dominated by some other occupation. Drop your occupation if it's not what God has for you.

Protect yourself from plans of self-promotion (Prov. 3:5, 6). In recent years self-promotion has been given some super charged engines through social media selfies and self-focused posts. It's like people having their own tv show featuring self as the star and director. Social media did not create self promotion it simply gave it a super platform. Now more than ever we must protect our self against self promotion. There is good news, we can put God first and promote Him. The result is that He will promote us in the place of His plan. It's a powerful reality. The very thing that tempts us to promote ourselves can be used to promote God. So, the key is to become occupied on the inside with the presence of God as we promote Him to the world.

The most important thing to drop is pride. If we do not drop pride it will drop us (Proverbs 16:18). Pride is what got Lucifer kicked out of heaven (Luke 10:18). Pride is what led to Adam and Eve being kicked out of the garden (Genesis 3). Where you see evil you will find pride at it's root. It's what feeds evil. Some people ask the basic philosophical question: "if God is perfect and in control, why does evil exist." The reason is because part of His perfection is giving free will and that gives pride an opportunity to be turned toward self. As a result,

evil has an opportunity to grow though the root of selfish pride. So, what can we do to drop pride off of our lives?

Separate yourself from Satan's way - the way of pride (James 3:13-18). Satan's trap is to get you focused on yourself so that he can lead you toward following his way. His way is the way of pride and if you operate in self-focused pride you are following the way of satan. He operates in deception by making you "feel good about yourself" though putting others down, using things to pick yourself up (drugs, strong drink, food, pornography, on and on as you slowly kill yourself) and to destroy yourself though putting yourself down. It's a terrible reality to get caught up in. Self pleasure leads you to self destruction. It's a trap. When we drop pride, we drop satan.

Do not settle for less than the best example of all - Jesus Christ (Phil. 2:5-11). Jesus is the ultimate example of how to live a perfect life. His way will lead you to self sacrifice. At first glance it seems crazy that losing yourself will lead to finding yourself. In the prayer of St. Francis we see the words "it is through self forgetting that one finds." If you can lose yourself in Christ you will find out who

you truly are and what you are intended to do. Are you willing to give up on your way so that you can embrace God's way?

There we have it! There are four things that we can drop so that we can start rising up above the waters that attempt to drown us. We start by dropping the doubt that desires to destroy your faith in God. When we do we must choose to keep love in our hearts and rudeness at bay. We can continue to rise as we become occupied by the Holy Spirit rather than "our work." Finally and most importantly, we must drop pride because it more than anything else will hold us down. Doubt, rudeness and occupation are like weights that pull you down while pride is like grown roots that will hold you down to the bottom. Dropping these things will help you to move up. No matter how buoyant your life might be, you can not rise to the top with these things pulling you down. However, when they are removed you have a greater ability to swim to freedom.

Chapter 2

DROP DEAD THINGS

Dead things don't belong in your life.

Let's start with understanding the chapter title here by using the statement: Dead things do not belong in your life! This is not about asking someone on a date and having them say "drop dead." No. This is about evaluating your life and considering that sin that does not belong and then finding out how to drop it. You see Paul in Romans 6:1-6 gives us a clear understanding that the life we once lived for ourselves is dead and the life we live in Christ is alive. So sin should drop off of us because we died to that way of living. That's what happens when you are buried in the waters of baptism you die to your old way of life and you rise as a new follower of Jesus Christ. You no longer have to be bound to the old dead stuff. You can drop it. So, drop dead and live life like you are supposed to in Christ.

There are three things that need to drop dead off of our life if we expect to go up to a higher level in our relationship with Christ. We must see deception, indulgence, and ego drop dead off of us if we expect to grow up and go up.

We have no business impersonating people who do not have hope in Jesus Christ. In other words, we are not supposed to live like we are sinners. We are saved by the power of God and sin should no longer be a part of our lives (Ephesians 2:1-10, Colossians 1:13 & 14, I John 3:1-9). If a child of God goes around living a lifestyle of sin they are impersonating someone who has no hope. So we should never live a life of impersonation. We have been set free to live a new life (Romans 6:6). Sin is dead so we should drop the dead off of us.

Take time to evaluate your life and look at areas of sin. Tell them to drop dead because you are not willing to live a life of impersonation.

Ignorance is a trap that we are caught in when we attempt to ignore the truth that surrounds us. Just because you choose to not pay attention to something and your friends do the same it does not make it any less true. Many people want to ignore God's truth and claim ignorance in the end. But, this will still lead to death (Romans 1:18-23). Did you know that many physical scientists claim that there is a God? They do so because the order of the universe, earth, and life on earth make a designer undeniable. Yet, many people do not

take the time to develop a relationship with the One who created everything. If we do this we can not claim ignorance in the end because we would have chosen to ignore things that are right in front of us every day.

God the Father is the intelligent designer of the air we breathe, the water we drink, the nutrition we consume and the life we live (Genesis 1 & 2). When we claim ignorance of these facts we are deceiving ourselves and we are disqualifying yourself from the eternal life that our designer has redeemed us, through His Son Jesus Christ, to experience.

Choose to let deception drop dead so that you can live a life free of impersonation and ignorance.

If we choose to continue in a life of deception we will set ourselves up for indulgence in escapism and extremism. These are things that need to drop dead. Number one, God designed us to live a powerful reality that needs no imposter. We do not need an escape from reality when we experience hardship we need an escape to the reality that God provides. We need to see ourselves as part of a whole. Believers are intended to live as part of God's

body. This is a metaphor used in the Bible to describe how believers should function helping each other (Romans 12, I Corinthians 12, Ephesians 4). We are not supposed to overemphasize our part and underemphasize the part others play. God uses different people to motivate others in different ways just like every part of your body has a different function. God shows up through people in different ways to accomplish His will. God equips believers with different types of leaders for the purpose of maturing the church. We should accept God's reality for our lives rather than indulging in fantasy.

Escapism has become a large part of reality on earth. As a culture, we grab hold of controllers and try to create our own reality. We use substances like food, plants, and pills to feel better. We choose to escape from the reality of life. Don't get me wrong, I am not saying that a prescription cannot be used to bring you back to normal thinking. I am not saying that you should stop eating food that you need. I am not saying that you should not watch a movie for entertainment. Please do not hear what I am not saying. This is not about legalism. I am saying that you should never use something to escape from reality. That is a line that we should not cross. Escapism needs to drop dead

off of your life so that you can live the great reality that God created for you and redeemed you to live.

Sometimes we find our place in the real world that God created and then choose to live in extremism. For example, someone discovers that they have a gift from God to deliver His prophetic word to others. That's a really good thing. However, it can become a problem when it is put into overdrive. What am I saying? I'm glad you asked. I am saying that the gift of manifestation prophecy with an emphasis on God's direction is not the only gift in the church. It is a gift of gifts. Sometimes people with this gift can take over meetings and feel that people are "out of the will of God" if they are put in check. This is only one example of going to an extreme with a gift. Others do it as well. The point is that we should not take a good thing to the point of overindulgence. When this happens it becomes a distraction and a point of pride. So let indulgence drop dead so that we can all live in the reality that God calls us to live.

We do not have to allow our ego to go into overdrive and puff us up with pride to the point that we operate in sarcasm toward others as we act selfishly. These things will actually have the exact opposite effect if we are trying to

move up. Sarcasm is our way of putting others down with the ability to expect no consequences. It's hurtful to others and gives them no room for honest replies because you can always say the words "I'm just kidding." Teasing people about things that are not a joke is not funny. This leads us toward a lifestyle of selfishness. It's all too easy to be selfish in this day and age. We have the ability to say to everyone "hey, look at me" through multiple avenues. The crazy thing is that it causes the exact opposite thing to happen. People begin to look away from you. They go the other way when they see you coming.

Sarcastic expressions will make a room laugh and an individual lay down. So many people have built comic careers on sarcasm and fallen into deep depression as a result of it. It is a self-promoting and self-centered way of putting others down to pick yourself up. So what can we do to avoid it? After all, people around us do it all the time. Groups around us seem to embrace it when we engage in it. What can we do? Tell it to drop dead! Kill it. Stop feeding it. It will cause you to overcome a major area of ego.

Selfishness as a whole leads to a dark and lonely life. A long time ago people who look up at the stars discovered that earth is not the center of the universe (Max Lucado wrote a great book titled "It's Not About Me" that points this out in a powerful way). So, we need to realize that we are not the center of everything. It's really not about us. It's about God first and loving others as we love ourselves (Luke 10:27). The more we focus on ourselves the more we will lose ourselves. We do not need to find a better self, we need to die to ourselves and come alive in Jesus Christ.

We really need to drop dead and come to life in Jesus Christ. When we do we stop deceiving ourselves, indulging ourselves and living for our own ego and we start to truly live the life that God desires for us. We take one more step in the buoyant life.

Chapter 3

GASHING GUILT'S GRIP

Guilt has no grip when you are in Christ.

Something amazing happened over 2,700 years ago. The prophet Isaiah predicted the coming of Christ and explained that the gashing of His body would lead to our healing and the defeat of deep guilt in our hearts (Isaiah 53:5). Later in the 1st Century A.D., Roman soldiers tightly griped whips and beat Jesus with them. Deep gashes were on Jesus' body as a result. He took this beating for us. The grip of the soldiers was tight and now the grip of guilt does to have to keep a hold on our heart. The gashing that Jesus took ripped away the grip of guilt on our lives. Now, we can live a life free of guilt by simply turning our hearts to Jesus Christ.

Let's look at some practical ways that guilt's grip can be moved from our lives. The whip needed to drop by the loosening of the grip. Here are four things that are removed to take away the grip of sin's whip. The grunge comes off, regret moves off, insecurity falls off and pain is taken away when you turn to Jesus Christ:

The lifestyle of being a follower of Jesus is one of living in the light, recognizing your own grunge and relinquishing it. We live in the light of Jesus Christ as people who know how to differentiate between evil, good and God's very best. With our eyes open we know that holding a grudge is not God's best for our lives. It looks like grunge and we live the life that we have been freed up to live by receiving God's cleansing and living as a reflection of Him. We recognize things on grunge in our lives for what it is and we are given the choice to live with it or be free from it. The right choice is obvious. As we recognize it we must relinquish it. It will fall off if we let. Your cleansing comes from your ability to live a refreshed life as a person who is free from sin's grip. Don't hold a grudge.

We are so imperfect! We mess up constantly. Think about it... Do you have areas in your life that do not measure up to God's perfect standards? We must strive for God's perfect standard. However, even the best of us come up short. This is why the blood covering is so important. By the way, the idea of being covered with blood might sound strange to you if you do not understand that it is the blood of the innocent that covers the guilty in God's eyes. Jesus blood flowed from the cross and when you metaphorically bow at the foot of the cross

you are covered by the blood that flows down. It is this blood covering that makes you innocent and perfect in the eyes of God. It's really not about how good you are. It is about how great God is for saving you from your sins by covering you with the blood of His one and only Son Jesus Christ.

Regret is an imagination that takes away your freedom. Don't let the imagination run wild in your mind. It will if you do not choose to stop it. It will play all kinds of movies in your mind about what could have happened if you handled a situation differently. This is why you must capture regret and recognize it as something that is robbing you of your freedom and joy. When you capture it, you need to convict it as something that is disrupting your peace. Once it is convicted, it needs to be caged. This way it is isolated from the rest of your mind. Do you have any regrets right now? If so you should capture them, convict them and cage them.

There is something you are able to indulge in that is guilt free! It's freedom! When you rid yourself of regret you position yourself to live in mental freedom. Think about the fact that you are free from your past. What if you took every regretful thought captive with the words "that's in the past." If you can pass

your past you can move freely. You are able to move up when regret goes down.

Insecurity weighs heavy on a person heart, mind, and soul. When someone tried to swim up to breath the fresh air, insecurity will attempt to use its weight to pull that person back down. However, when insecurity weightiness is thrown off it plunges away quickly. Insecurity likes the bottom and it will move there. If you keep moving up by the strength of the Holy Spirit you will not have to be held down by it.

When the weight of insecurity is removed, you are able to pray with confidence. Only God can truly remove insecurity from your life. This is because He is the only one that can give you the full assurance of security. Even deaths sting is destroyed by the power of God. Jesus Christ gave His life so that you could live eternally. Following Jesus Christ gives us the ultimate security.

There are four times of pain that cause people to cry out in desperation: Physical, mental, emotional and spiritual. Jesus took these pains for you. He was physically beaten almost to the point of death as whips struck his back 39

times. He faced the mental pain of knowing that everyone on earth turned their backs on Him. He faced the emotional pain of having crowds of people show Him in anger and hate. He faced the spiritual pain of having God the Father forsake Him. He took all of this pain so that you could experience joy. Pain needs to clear out because Jesus took it in for you.

Amazing comfort comes over you when you realize that The Son of God died for you so that you could be a child of God. When you live life from the perspective of being a child of God you are able to truly get rid of guilt. You are made innocent because the ultimate hero, Jesus Christ, grips your life in an embrace and takes your grudges, regrets, insecurity, and pain. He takes them so that they can be thrown off of you.

Chapter 4

DISCONNECT THAT DREAM

Get rid of dreams that are designed to destroy.

There are some dreams that are designed to destroy your life. They are like weights tied to your waist as you swim through life. If you keep them on, they are going to pull you down. They are a scheme that tempts your mind, tug at your heart and push your body toward distraction. Some have a small impact and some have a large impact. They are reactionary thoughts rage and revenge. They do not lead you upward they will only pull you down. So, if your dream is pulling you to the bottom it needs to be disconnected.

The type of dream that needs to be disconnected is the one that sets you in a different routine of evil acceleration to movement.

A God-given dream is not a selfish scheme. There is a huge difference between the two. One of the great temptations of life is to work up a scheme when things do not go the way we would like for them to go. It's tempting to think about how to get back at someone who took from you something you

thought was rightfully yours. It's tempting to think about how to bring someone down when they have a position you want. These temptations do not have to become reality.

When we do not get our way of life it can feel like we are living in a nightmare. Bad dreams feed anxiety and anxiety feeds bad dreams. If you get caught in this trap it can seem like your mind goes around in circles and you simply can't move forward again. You can fix the problem by focusing in another direction. When you chose to focus on God gave dreams rather than selfish schemes, you position yourself to move forward again.

There is a difference between momentary ideas and routines. We all have momentary ideas that amount to little. Have you ever signed up for a gym membership and then show up just a few times. When you are in there you will see people who clearly workout on a routine basis. The workouts make them strong. Some people are really good at solving math problems. They may not have big muscles, but they do have a large intellect because they have worked out math problems. As a result, they have a strong mind. Anything that is

worked out become strong. So when you work out dreams of evil, they can grow strong enough to overtake you.

The world around you recognizes you by the things that you repeatedly do. If they see you at the beach surfing a lot they will more than likely call you a “surfer.” If they see you on television every afternoon at 5 telling them about what’s happening in their town, they will probably refer to you as a reporter.

This is because your repetition determines your reputation. If you do something over and over again, you will build a reputation. If you do not like your reputation, change your reception. Never develop a reputation for evil.

Never go to bed with an evil thought running through your head. These thoughts will make you toss and turn, get up and walk around and awaken with frustration.

Sleep is one of the most important parts of a healthy lifestyle. When you do not get sleep it causes you irritation, anxiety, physical discomfort. All of this makes you a prime target for evil. When you put your trust in the Lord you are able to

rest be restored (Isaiah 40:31). It's not a feeling; it's a choice. So, choose to trust God to fight your battles and get some rest.

There are people who experience accelerated growth. These are kids who have mature bodies or minds. They are kids who look like they are ready for the world of adults. Their immaturity stands out when they step out. Sometimes we expect more of them because they look like they are ready. That is how it is when schemes. They are like children who are placed in a situation that they are ill-equipped to handle. They break under pressure and cause all kinds of problems. It's important to discipline a scheme and to develop a dream.

Hands are able to produce or destroy. Just think about the fact that the same hand that extends to bring peace and push one button and starts an earth-distorting war. That is a lot of power. The mind and heart move the hands into action. This is why it is so important to consider your dreams. When your dream is a scheme, it needs to be disconnected.

What would you do if your computer was given a virus that hacked your account and started shooting out hateful information to everyone you know.

Would you disconnect it? You absolutely would. We should do the same thing with schemes that tempt our mind. We should disconnect them so that we can focus on the thoughts that come from God. Are there any schemes you need to disconnect right now?

Chapter 5

TOSS YOUR TROUBLE

Troubles will try to anchor you to the bottom.

In the world of buoyancy, trouble is defined by something that anchors us to the bottom of a body of water. Trouble is more than just something that pulls you down. It's something that holds you down and keeps you in one particular place. When a guilty person is thrown into a physical jail cell it's because they got in trouble. When a teenager is placed on restrictions, it's because he/she got in trouble. When a child is placed in time out it's the result of trouble.

We have all sinned and fallen short of the glory of God (Romans 3:23). We have all walked on the path of trouble but the good news is that Jesus Christ made a way for us to get out of trouble (Ephesians 2:1-10). Jesus told the disciples and He is telling us as disciples to not let our hearts be troubled (John 14:1-4). Jesus made it clear that His followers are out of the trouble that leads to hellfire. He made it clear that heaven is the future for believers! You can toss trouble off of you as a follower of Jesus Christ. You are not bound to the bottom when your heart is given to Him.

So, the rope that is attempting to hold you anchored to the bottom can be tossed away because it's not tied to you.

Newton's Third Law says "Every action has an equal and opposite reaction." The Apostle Paul explained that we "reap what we sow" Galatians 6:7. Making a choice to trust in Jesus Christ is a choice to ostracize trouble. It is a choice to throw trouble away from you so that you can rise above it. Don't hear what's not being said. This is not to say that you will never face trouble. It is to say that you will overcome it in one way or another as a follower of Jesus Christ. When you gave Jesus a way into your heart, He gave you a way out of trouble.

Optimize your opportunity to connect with God and disconnect from trouble. Trouble finds those who are looking out for themselves above others. Put God above you and others before yourself. This gives you a way to toss trouble away from you!

Ultimately every follower of Jesus Christ will be set free from trouble because an eternity in Heaven is imminent. So, what happens between now and then? We are in a season of waiting. In this season we must realize that waiting does

not call for being stuck! Waiting calls for a time of investment in the future. We have been given talents, gifts and the ability to acquire skills. As a result, we should make the best investments we can. We should use what we have to add others to God's plan. This is an investment that leads to others joining us in eternal life.

There is a candy that is hard and can still be chewed. It's tough to chew. It comes in a big package with smaller individually wrapped pieces. They are called "Now and Later." You can have some now and enjoy some later. This will give you temporary enjoyment and keep your dentist in business. The point is that you do not have to eat it all at one time. It's the same way with God. You don't have to wait for an eternity in heaven to begin to enjoy life now. Live life to the fullest by focusing on God as you show others the way to His place.

It would seem like trouble would look really ugly and be easy to recognize. If we could do that we would simply stay clear. Yet, it usually does not present itself that way. It presents itself as something that looks great. It's like bait on a fish hook. It tastes great for a second and then it pulls you toward death.

Even if you get free, it still hurts. The key to recognizing it is to follow Jesus Christ so that trouble can be tossed from us. We need to see it and split.

Have you ever wondered about the right way to go? What if someone invited you to join them for a get-together and did not give you an address. It would be nearly impossible to find them. When you know the address, you can find the way. You need to know where you are and where you are going. When it comes to going the right way in life there is a destination and path that is summed up in one name. The name is "Jesus." He is the way to everlasting life. The key to being buoyant and going upward is found in the name of Jesus.

Do you want to toss your trouble? The key to tossing it is as simple as choosing to be a follower of Jesus Christ. When you are a follower of Jesus Christ, trouble may be all around you but it can not stick to you. So, stick with Him so that it does not stick to you.

Chapter 6

ALL SET

Jesus sets us free from not to sin.

In various sections of the world, there is a saying that people use to indicate that their work is finished. Depending on where your upbringing you may or may not have heard this saying. The saying is “all set” and it lets people know about the condition of a situation. A mechanic might call you to let you know your car is ready to be picked up by saying “you’re all set.” Someone might ask if they can give you a hand with a work you have completed and you may say “no thanks, I’m all set.” This phrase captures the idea of how we should see our lives from the perspective of overcoming sin. Jesus finished the work on the cross and therefore someone who follows Jesus Christ as their Lord should understand that they are “all set.”

Are you “all set” when it comes to overcoming the sin that tries to pull you down? What does it take to be “all set” as in being set free from sin? It takes salvation (getting saved), expectation (staying saved) and transformation (in the end being saved). You start by looking at yourself and looking at Jesus Christ and at that moment realizing that you want to be like Him more than you

want to stay like you. It continues as you expect to see Him fully one day. In this expectation, you strive to look more like him. The great conclusion is that in the end, you look like Him. He changes your image back to the way you were always supposed to be.

Imagination is simply a starting point. Every individual in the world has a desire on the inside that only God can fill (Romans 1:18-20). Sin tries to block this desire. The more a person lets sin take control the more this desire will be pushed down by being covered up. However, for those who choose to do so, they imagine a life with God. This imagination is powerful. It can lead to a search and this search leads to salvation. Are you searching for God? If so, you can find Him because He wants to be found. He's like a loving parent playing hid and go seek. He is not hiding from you. He is hiding from you. He wants you to seek Him out and find him. How do you find him? He's everywhere and when you choose to be aware is when you find him.

Imagination leads to identification. When you take a good look at who God is you are able to see His perfection and your own sin. You are able to see that He has come to save. He died so that you could be saved. Once you identify

Him as God and you as a sinner you are placed in the powerful position to overcome sin by His grace.

Identification of yourself and God will lead you to impersonation. This is not being fake! Fake is to be something you were not made to be. You were not made to be a sinner. You were made to look and act like God on this earth (Genesis 2:24). Jesus came to this earth and gave us the ultimate example of what it looks like to live in the image and likeness of God. When you imitate Jesus Christ you are being the person you were created to be. The only way you can become a “hypocrite” is to act like something you're not. If you tell the truth, you are being real.

When you incorporate your identity takes on the identity of the overseer. You do more than just imitate, you become a part. You become part of the Kingdom of God when you give your life to Jesus Christ. You live as an ambassador of heaven on earth. You live as a representative of Jesus Christ. In other words, you re-present Jesus Christ to others on earth by the way you live. That is what it looks like when you live your life expecting Jesus Christ to return.

A great transformation happens between the time you become a follower of Jesus Christ and the moment you stand before Him. You are transformed into someone that looks like Him. When He is revealed, you are revealed as one who looks like Him (I John 3:1-2). You are doing more than just imagining Him you are one who has taken on His image.

In taking on His image you are identified before the Father in Heaven as one who is pure. His purity is your purity. His perfection is your perfection. His righteousness is your righteousness. You are “all set” before God the Father when you are identified with Jesus Christ.

Being “all set” is about being transformed into the image of Christ. You are not able to do this by your own effort. Based on your own effort you will have the weight of sin pulling you down. However, because of the effort of Jesus Christ, you can be set free from every sin weight that pulls you down and is moved up by His power. You have to choose to let the weights go!

Chapter 7

OBLITERATE

Some things have to go down before you can come up.

Then the Lord put out his hand and touched my mouth. And the Lord said to me,
“Behold, I have put my words in your mouth.

See, I have set you this day over nations and over kingdoms,
to pluck up and to break down,
to destroy and to overthrow,
to build and to plant.”

JEREMIAH 1:9-10

There are some cities that grow at a rate that forces them to build on top of buildings. That’s how it is in Atlanta. When the railroad moved into the city went up fast. More often than not old buildings have to go down for new ones to go up. This is accomplished by blowing the old building up and removing the rubble. This happens when a building is no longer structurally sound. It needs to be torn down before it falls down and hurts someone. That’s how things got in Jerusalem during the 8th Century BC. This is the reason God sent a messenger to tell the people living there about the coming demolition and future rebuilding project. Jeremiah was the messenger who delivered the message to the people. He let them know that the old ways had to come

down. They were no longer structurally sound. He spoke hope by letting them know that the new ways we're going to come up.

It's like this in our lives when we desire to operate in the new way given by God, the old way has to be obliterated. All of the rubble has to be removed and we get to enjoy a whole new way of living. The buoyant life moves up because things that hold it down drop off.

There is a three-part strategy when it comes to living a new life. You have to move out of God's way.

Is there something in your life that keeps sticking to you because you keep walking on it? Have you ever had gum on your shoe? Imagine someone getting the gum off of their shoe and then stepping right back on it. That seems silly. However, that is all too often the way we treat things in our life that annoy us. We think that if we keep stepping on them they will be distorted. Then, they just stick to us again. The best strategy is to step away and let God obliterate it.

When you move away from something that is being obliterated, the best strategy to stay away from it until the destruction has its full effect. A large building is blown up in sections. Just because a part has fallen it does not mean that the work of demolition is done. If you've moved away from a bad situation and God is obliterating it, you need to stay out of the way. Don't go back!

When everything blows up you don't need to pick it up. If a building is full of material that is hazardous to your health you should not go back to the rubble when it's broken down. It is still very destructive. Many people do this all too often in life. God breaks it down to almost nothing and the person he took it away from goes back to the rubble to see if it's still dangerous. Hey, just because it's in parts does indicate that it's lost its power of influence.

Deliverance is a powerful thing when you don't deliver yourself back to a part of the package.

Have you ever used a broom and had someone try to pick up the dirt. Now, we all understand that one man's trash is another man's treasure. However, that's just plain silly. And that's what it is like when God delivers us from a bad

situation, obliterates it and we go to pick up the rubble before it's swept away.

Let it go!

The work of obliteration is up to God. We get in God's way every time we try to remodel our old life to resemble the new one. When someone moves out of a dump and into a palace they do not need to attempt to make the palace look like the dump. That's what happens when God puts us in a whole new situation and we bring out old problems to it.

When something has been obliterated you are no longer able to dwell in it. You are able to live in your new opportunity. So, don't dwell on the place you once dwelled in. Yesterday is over! It has been obliterated! You don't have to feel the emotions of it any longer. You do not have to think about it for another moment. Today is here. Enjoy it. Keep going up!

Is there something in your life that needs to be obliterated? Is there some choice you made that wants to haunt you? I have a news flash for you. Your house does not have a ghost in it. There was not real Carol Ann going toward the light (a reference to the 80's horror movie Poltergeist). The past does not

have to turn your home into a spooky house with a ghost in it. Your new life is not your old life. When you drop the horrible memories of the past that attempt to dominate your life then you get to live in the amazing momentum that God has waiting for you. Try not to read something I am not saying. I am not saying the road will not have rocks in it. I am saying that you do not have to stop and pick them up. I am not saying that there are not other areas that need to be obliterated. I am saying that you no longer have to dwell on the ones you used to dwell in. You can move forward rather than being held back.

Chapter 8

ROGUE

True relationship recognizes the difference between the truth and a lie.

True relationship recognizes the difference between the truth and a lie.

There is a commonly used word for selfish behavior. This word wants to attach itself to everyone that will accept that idea that life is all about getting what they can and never giving what they have. The word is “rogue.” Culture recognizes people who constantly present their needs and never give back as “rogues.” This is a terrible tag to place on someone's life. To call them a “rogue.” A follower of Jesus Christ is a giver. A rogue is a taker. This can be a problem for a follower of Jesus Christ unless you choose to never accept a lie. You see someone who is called a “rogue” has accepted a set of lies. They believe in temporary satisfaction over eternal security and hateful views over loving grace. As a result of buying into these lies, they live an isolated and needy life. This is not to suggest that every lonely person that hits a hard season in life is a “rogue.” It is to say that people who buy into lies of a rogue lifestyle usually end up living lonely lives of poverty (this is not exclusively a financial

statement). All too often, when they are offered a hand up they choose to pull others down.

So how do you live a buoyant life and not a rogue life? By knowing the difference between temporary and eternal, hateful and loving, isolation and family as well needy and prosperous. It's the difference between a thin life and a full life.

Temporary is a word used by a rogue lifestyle so that it can take up residence in your mind. It starts with a whisper in someone's head that suggest the idea to take what you can out of life and keep it for yourself. Deep down we all know this is the wrong way to think. But, it comes in as only a guest for a day. Then, it attempts to move into our heart so that it can be more than a guest. It wants to be a roommate. It wants to sit on your couch and watch tv all day while you work for it and build resentment. It whispers in your ear that you don't have enough and what you do have is a burden. It must be rejected. If it's in you, evict it! If it's on the outside of you don't let it in. Simply choose to always be a giver and not a taker.

Note that there is a difference between a taker and a receiver. A taker begs and a receiver is offered something.

Rogue is a hateful thing when it's attached to emotions. It tries to trick us all into thinking that it's about justice. It says things like, "it's only right that you should get what they have." It takes your eyes off of the blessings surrounding you and puts your eyes on pursuing an emotion of never enough. That's the trick. It makes you think that if you could just get this one thing you would have all you need. The moment that thing hits your hands is the moment you are looking for something else. You have to be tough on it. It will flirt with you and you must not flirt back.

Rogue is an isolated thing because others don't like the continual taking. If it gets into your life through a painful experience, constant ploys or some kind of practical idea you must swat it out of the way. It will repel others and event cause your friends to retreat. It's a consumer of everything you have. It will plunge you into poverty. The only way out is to ignore its constant pleas for attention. It's tough because it's a like a noisy neighbor or a screaming child. If you feed it a little, it will only cry out for more. So ignore it!

It's a very needy thing because it is overtaken by deception. It uses that deception to operate as a master negotiator. It makes loads of outrageous and empty promises. If you let it, it will keep the lineup. So, you must negate it.

It's a weight trying to pull you down with it. The power it has is to try to talk you into holding on. So, drop it by realizing this amazing fact: Jesus Christ died so that you could receive life and deliver His life-giving message to all that are around you.

Chapter 9

CAST OUT FEAR

Suspicion and superstition have got to go!

Suspicion and superstition have got to go!

Suspicion and superstition will attempt to surround you and drown you. They work as a team trying to check out the love of God from your life. People who are caught up in the trap of religion use the suspicion toward “outsiders” and superstitions about God to stick fear in the hearts of people. They do this in an attempt to gain control. These people act as if the return of Jesus Christ calls for fear in the heart of a believer. It’s important to know that suspicion and superstition will never lead to being more Christ-like.

The problem is that striking fear in the hearts of people can sound so much like a godly act. Now, don't go overboard with this teaching. Some people say “mamma put the fear of God in me.” That is usually said by someone who’s mother loved them enough to discipline them. This is not the subject matter here. It’s bad to fear people’s presentation of God. As if He is some temper driven muscle man in the sky that holds a lightning bolt to throw on the next

person that makes a false move. People should present God's love because that love will cast out fear.

"There is no fear in love, but perfect love casts out fear. For fear has to do with punishment, and whoever fears has not been perfected in love." I John 4:18

We must rise above fear by embracing perfect love. A practical way of looking at this is to picture yourself swimming to the surface of any situation that would attempt to drown you in fear. You swim by forcing endurance to ascend repeatedly. You force the water around rather than it forcing you. The more endurance you have, the better you can swim. Kicking and pushing and holding your breath will lead you to the top.

If someone is sinking under the water they need an explosion of energy to move back to the top. The more they are pulled down, the more they are in danger of imploding. It's that way when it comes to the things of the Lord. We need to move out in boldness as a result of the Holy Spirit working inside of us. We do not need to allow the things around us to close in on us. Do you want to turn your situation around? Turn to the Lord and you will be given the

strength to influence your environment rather than your environment influencing you.

God give us renewed strength (Is. 40:31) when we chose to serve Him. When this happens we are able to force our way over our surroundings rather than our surroundings forcing us down. Being filled with the Holy Spirit is like air in the lungs of a diver.

A swimmer in the water must keep swimming to stay alive. There are people who have crossed the English Channel from England to France. That is a 21-mile swim through cold water and ocean conditions. People who swim it must be in good shape. They have to know how to endure. Sometimes situations in life can feel like swimming the English channel. It takes endurance. God gives us the endurance to swim through our situations and get to the other side.

Jesus has lived the example and shown us how to endure. He endured to the point of death on the cross. He endured the worst form of Roman punishment and resurrected from the dead. He is where we find the strength to endure.

If you are in the water with something pulling you down, the response that will lead to life is to cast it off. It is important that you do not react to it by trying to pull back. A reaction is to repeat an action. Sometimes people try to pull us down. We should simply cast off the offense and keep moving up. We should not try to pull them back. This will result in both going down. We should swim up and invite them to do the same.

Most boats have a ladder on the side of them. If you want to get up out of the water you have to climb the ladder. This takes pulling with your arms and moving your feet. You do the same motion over and over until you reach the top. In life, we need to climb up out of the water sometimes. God is right there with a boat when things get too tough. There are times when we need to turn to him and climb back up. This is not a matter of taking one step and holding onto the ladder. It's about taking a step and repeating the process over and over until you reach the top. That's how your prayer life should be. You continually speak with the Lord until you reach the top.

All of us are like swimmers in life. At times we all have things that attach themselves to us and attempt to pull us down. When this happens, we must cast them off. We must not hold on to them.

Chapter 10

INTO THE UNSEEN

Moving onward and upward from the past that once defined you.

A whitewater rafter that falls out of the boat can't just "go with the flow" when a waterfall is directly downstream. That rafter is reliant on a life vest, reaching for a rope, retaliating against the rapids and revealing by feeling. The life vest is buoyant and helps the person to move back to the top. An experienced river guide will stand on the bank of a river with a rope when the boat comes to rough waters. This is for the purpose of saving someone's life if they fall over the side. The person that falls out must choose to retaliate against the very water that he or she was riding on just a few moments before. In whitewater, people are not able to see what's going on. It's all about feeling at that people.

Habakkuk must have felt like someone that fell out of a whitewater raft right before it went over a waterfall. Israel was moving fast toward distraction and he could not understand why they would stay in the boat. It was only when he was able to put his feet back on the rock that he was able to understand (Habakkuk 2:1-4).

This is how it is with us when we no longer go with the flow. In life sometimes we realize that we are in a boat that is headed for a fall to the death. If you fall over some waterfalls, you will not survive. In cases like this, you have to get out of the boat, grab the rope and get pulled to the shoreline. In this case, the Holy Spirit is like a life vest that keeps you above the water and Jesus is the one standing on the shore throwing you the rope.

Reliant on a Life Vest

Being reliant on the Holy Spirit is like having a buoyant life vest that brings you to a location of life. Many people die under the water without a life vest. That's why it's called a "life" vest. In life, we need to be brought back to the location where we can breathe again. Sometimes life is like white water that forces us down and tries to kill us. The Holy Spirit brings us above it.

We need to be people who are Spirit found, freed and filled. The Holy Spirit finds you when you want to be found. It's really easy. All you have to do is ask

to be born again and the wind of the Holy Spirit will blow your way! When this happens, great freedom comes into your life. You are set free to live the life God intends for you. You are free to love on purpose. The great thing is that you are filled on the inside. The life vest is in you rather than just on you. The Holy Spirit fills you up to overcome.

Reaching for a Rope

We are saved at the moment that we grab a hold of the rope in the water. As we hold on we are pulled to the place of life. We no longer go with the flow. We are pulled to the place of separation from the current of the water and standing on a solid rock. The rope in the water is something we must reach for if we want to live. Without it, we are headed for a fall into death. Jesus died on the cross so that we could have a rope that pulls us out of the flow of death and to the place of life. We are made holy by choosing to hold on to the rope rather than letting go and going with the flow. Holiness is a matter of holding on and going against the flow. To lean into the very current that used to carry us. We are being brought to a place where we can stand on the solid ground and tell

others how to come to the shore. So, if you are heading toward death, grab onto the rope of life.

Retaliating against the rapids

In the whitewater, it takes retaliation to gain freedom. It's imperative that you do not let the rapids sweep you away. You have no other alternative but to move against them.

The rapids of life are selfishness, the systems of selfishness and even Satan. The first thing we must retaliate against is within us. If water is trying to rush down your thought, you are going to have to spit it out if you want to live. Being selfish and making life all about you is like making a choice to swallow something that will kill you. When a group of people get together and choose to be selfish they are building a system that leads to death. This is done all the time. There are corporations that care more about themselves than the ones they sell products. This is all driven by the ultimate deceiver that is Satan. Satan wants selfishness to flourish. So, choosing to be like Jesus is a choice

to retaliate against that flow and to encourage serving others rather than being selfish.

Reveling by feeling

When you are in the white waters there is no line of site. You have to rely on feeling rather than seeing. That's how it is when it comes to God. We must choose to see from our heart, be mindful of God's word and be lead by the Holy Spirit. Your heart can feel what is right and wrong when you are open to the Lord. Our minds should be set on meditating on God's word. God's word will always be right. We must follow the leading of the Holy Spirit. He will lead us to the right emotions.

Have you fallen into the water and you need to get going in the right direction. Grab a hold of the rope that Jesus has thrown to you. Have on the life vest that God provides by the Holy Spirit. Choose to move toward life and away from Death. Move into the unseen region of faith.

Chapter 11

EXPEL

If something has an evil root, it must be plucked up.

There are some really bad things that attempt to latch onto your life. They are things that grow in the darkness, will block your way and steal your vision.

These are things that thrive in a depressed and burnt out area. The more they grow, the more they will block you from an upward path toward the surface.

Buoyancy must not be blocked. These are things that will work really hard to take away your vision. Deep in the depths of the sea, there is no light, the pressure is enormous and there are creatures that appear terrifying. That's how it is to live in the depths of darkness.

The key to escape is to expel these things from your life by moving to a higher level. Realize that light cast out darkness shows you the way and provides vision. The more you move up, the brighter the light. Light moves the darkness out. As long as you move toward the light, you will move away from the darkness. So, how do you know your life is moving to a higher level? You take a look at the light around you. That's metaphorical for how much are you

communicating with God, by the way. When you are in the light, it's easy to see where you are going. Also, it's easy to recognize the way forward. This is having vision! Move into the light and expel the things of darkness (I John 1:10-11).

The pathway out of the depths of darkness is revealed by the light. It's all too easy to feel like you've been swelled up in a pit of darkness during times when life gets really hard. But, the way out of that pit is upward toward the light. This happens by choice. It's about knowing to move toward the place that God is calling you. He calls you to the surface.

Keep going in that direction. Darkness can become a familiar feeling. Every mind loves the feeling of familiarity. It's a false comfort. It's strange how some people grow up in abusive situations and move out of the house, only to move into a home that has another abusive situation. Just because something is what you've always known, it does not make it right. It's right to move above it.

The more you move into the light, the better you can see where you are going. The planet Neptune is a deep dark blue color with a big black spot. The dark blue is shown by the little bit of sunlight that hit's it and the black is a storm that

moves endlessly around it. It's a hurricane of darkness. This planet is so dark and cold because it is so far from the Sun. It makes it hard to see the way. One would think that inside the deep dark gas of that storm it is super dark. But, if the planet were closer to the Sun things would be different. They call the area that the Earth is in "The Goldilocks Zone" because it's not too hot and not too cold. It's just right. God wants to move you to "The Goldilocks Zone" of His light. In that place, you are perfectly positioned to see where you are and where you are going.

You don't have to question if you are moving in the right direction when you know where you are going. If an 8-year-old boy is lost and does not know where he is located, he will find himself in an emotionally hard place. But the moment he spots his dad is the moment he knows exactly where he's going. That's how it is with God. We just need to look up and move toward Him.

When you can see well, you are in a better position to tell others the way. Light provides you with a powerful tool in life. It provides you with vision. People who lack vision end up being told by others where to go and what to do.

People with vision know where they are going and what to do. When you know where you are going and what to do, you are positioned to tell others how to find their way. They may be someone going where you are going and in that case, you can network with them. Light provides you with that opportunity.

Having a vision lets you know how to recognize the fulfillment of your mission in life. If you do not know what the locations look like, you will not know if you've found it. If you do know what it looks like, you will know when that you have arrived. If you go on the internet and see a bunch of pictures of a town, you are being given a vision of what it looks like to arrive there. So, when you get there you will not question if you are in the right place. God gives you a clear vision of where to go. This helps you to live a life of fulfillment.

Chapter 12

INSIDE WORD

God places His hand on us and His word in us.

Ezekiel was taken from his home in the land of Judah by the Babylonians to serve God by speaking to the common people from the Tribe of Judah living in the lands of the Babylonians. The Babylonians would capture a city, remove the people and try to confuse them about their identity. They would take them out of their home to turn them into Babylonians who would serve Babylon. God used Ezekiel as his mouth piece among the common people of Israel as He used Daniel as an influential voice among the rulers. So, when you read the Book of Ezekiel, it is important that you understand that it is written by someone that God would use to speak to common people.

And he said to me, “Son of man, eat whatever you find here. Eat this scroll, and go, speak to the house of Israel.” So I opened my mouth, and he gave me this scroll to eat. And he said to me, “Son of man, feed your belly with this scroll that I give you and fill your stomach with it.” Then I ate it, and it was in my mouth as sweet as honey.

Ezekiel 3:1-3

Are you willing to be like Ezekiel by feasting on God's word and allowing it to digest? If so, you are positioning yourself to share what God has for others. You are put in a place where whatever you see can be used as an example to others. You are able to truly open up and see beyond the natural world. You can receive an internal understanding of what has happened in your life, what is happening in your life and even what will happen next. When something is digested it is able to place life in the one who digested it. That is what Ezekiel did when he took in God's word. He was able to receive life.

People who are truly following God see life in a different way than people who are not. The Bible speaks about "the course of this world" (Ephesians 2:1-3). However, when you start to follow God, you learn that you are going the wrong way. You are placed on the right track. In order to see this, you must be willing to see that there is a right track. When you get on the right track you are able to work on the right task. There is a plan for your life. When you get on track, you are able to know the right thing to do. You are also placed in the realm of divine appointments. Things happen at the right timing. All of this is accessed

People who open themselves up to God are like computers downloading expert advice. They are able to know more than everyone else. Revelation, realization and

A receptacle is designed and installed to receive and distribute power. God designed you for the same purpose. Direction, discipleship and daily Food is intended to be digested. Honey makes it possible for many things to be digested. Some things simply do not taste good. Yet when they are digested, they are able to make us super healthy. Bad taste does not always equate to bad food. Stimulate, System and Sustainability.

Chapter 13

IN MY BONES

Start something that you cannot stop.

When you find yourself underneath the surface, you have a choice to make.

You can sink or swim. People who sink are focused on the lack of air surrounding them. People who swim are focused on the amount of air within them. People who quit are the ones who look at the conditions around them and give up. People who persist are the ones who look inside of themselves and make a choice to press on. They are created by having a strong backbone. What kind of bones do you have? Are they the kind that breaks or the kind that holds together?

Jeremiah lived in the Kingdom of Judah during a time when it was not popular to proclaim God's message. People around him hated him and did not want to listen to what he had to say. However, he made a choice to receive God's instructions from within rather than focusing on the criticism surrounding him.

Jeremiah 20:9

When you chose to have the Bible occupy your mind the fire of God occupying your heart, then you are able to live in the newness of life and elevate beyond your environment. You don't sink because you choose to swim. That's living the buoyant life.

It starts by opening your Bible and allowing the words to occupy your mind and order your steps. Realize that whatever occupies your mind, will order your steps. So, if you are occupied by God's words your steps will be ordered by the same. Your thought life is a choice. You can choose to believe that you are under attack by allowing worry to occupy your mind. Or you can choose to focus on what God said, is saying and will say. That choose will serve as the determining factor between a life destroyed and a life well lived. Your steps will be ordered by the Lord and you will overcome from within regardless of what's happening around you.

Your thoughts will move into your emotions by opening the flame of your heart. Be careful! fire can burn you or it can warm you. It all depends on how you use it. If the fire within you is warming your heart it will neutralize negativity. All of those negative emotions that are working to put you in a freeze will be melted.

Keep in mind that this is not dictated by what's going on around you. It's impossible to die of frost when the fire is shut up in your bones. Fire attacks and kills bugs. Bugs can buzz all around it because they see the light. But if they get too close, zap, they are toast! The fire of your heart is a neutralizer and within and a negator around. It neutralizes any negative action by zapping it and negates every nuisance by overpowering it. It's impossible to for something to control you when it can't get in you.

This results in newness of life (John 10:10)! Rather than being interrupted you erupt. An eruption happens when something within has more strength than something on the outside. Mountains erupt because they have hot lava that is more powerful than the air at any temperature on earth. The fire God places inside of you is stronger than any blast of wind around you. When Martin Luther was handed a letter from Pope Leo X ordering him to "stop", he threw it into the fire claiming that "there was only one thing to do with this blast of wind." That's all the words of some trying to stop God's fire amount to being. They are just a blast of wind. No matter how strong the person is that's saying them. No matter how loud they say it. It's still just a blast of wind when it tries to stand up against the eruption of fire that God brings out of your new life. You

see, you are able to explode rather than implode. When your life is renewed it erupts on the thing trying to interrupt you so that you do not implode. An implosion would indicate that the blast of wind is stronger than the eruption of the mountain. God working on the inside of you will always be greater than anything around you that try to destroy you.

Buoyant people are able to elevate beyond their surrounding environment. This is because their success is given within rather than found on the outside. Every follower of Jesus Christ is a child of God and finds significance on the inside. The fire is shut up in your bones and you will not contain it. It will not put up with anyone trying to say that you are worthless. Your worth comes from within. It will not allow others to claim that you're no good because your goodness comes from God. You're able to rise above because you are empowered from within.

Do you know how a submarine rises? It has compressed air on the inside of it. The compressed air pushes out the water on the bow and stern of the ship and the submarine rises. In other words, it changes the environment in front of it and behind it so that it can ultimately change the environment around it.

God's word is like composed air inside of you. When you begin to declare it over your past and future, you are able to rise above your current situation. You realize that your past is gone and forgiven. So, you no longer let it dictate your level of success. You realize that your future has not come yet and it will be influenced by God's word. So you let it move upward as your past moves downward. Like a submarine, you rise to the top. That's the buoyant life.

Chapter 14

INTERNAL SECURITY

When God's word is in you, nothing around you can overcome you.

Have you ever tried to hold an inflated ball under the water? It holds you up from the bottom as you try to hold it down from the top. You know if you let go it will go up and above the surface. People who live with the internal security of having a personal relationship with Jesus Christ are have lives like that ball. Others simply can not hold them down because they are filled with something buoyant. That's what happens when internal security is greater than an external distraction.

I believe that it's safe to say "Jeremiah 29:11 is the most famous verse in the entire book of Jeremiah." Many people quote it in reference to prosperity, comfort and many other positive applications. We should use caution when we quote it by reading the whole chapter (Jeremiah 29) and understanding the context that surrounds this famous verse. The verse is a powerful promise from God! We simply need to ensure that we apply it correctly.

It's important to note the time, location and people directly associate with Jeremiah 29:11. It was written for the Tribe of Judah so that they would have hope as they were taken captive to Babylonian lands. They needed perspective because they would be taken out of their homes and placed in a land that they did not know. This was to mark the beginning of the 70-year Babylonian captivity for the tribe of Judah. They would have to have the internal security to know that they were safe on the inside even when they felt unsafe on the outside.

Having internal security is accomplished in a powerful way by living a Spirit-filled, ascended and focused existence. The Spirit-filled life is amazing! You have the life of God on the inside of you. This results in ascending your situation. The world can be a hard place to deal with sometimes. However, as a Spirit-filled person, you can rise above things that would hold others down. The key to staying that way is to remain focused! Just ask Peter. After all, we accomplished walking on the water by staying focused on Jesus. Talk about an example of buoyancy! This does not have to be a limited experience. It can be a way of existence. Let's break this down.

It is amazing to live the Spirit filled life! Just take a look at the Book of Acts! Take time to read about Polykarp (google is loaded with his story). Read about the Wesleyan Revivals or Azusa Street. Hey, maybe your story will be next. You could be a person God speaks through. Someone God uses to heal others. The possibilities are limitless for a Spirit-filled believer.

So, how does one become "Spirit-filled?" The answer is simple! You must accept God's strength and admit your weakness. This is not something that you can do on your own power. This is about giving up to God. His way is powerful and you can live way beyond your own abilities. You simply need to turn to God and start learning to hear His voice. You do this so that you can follow His instruction. Day by day you learn how to live as a Spirit-filled believer. Now, this indicates that you are going to have to admit your weakness. There is no room for pride in the Spirit-filled life. You simply admit what everyone else already knows about you. You admit that you're not perfect, you have weaknesses and you need God's help to overcome them. It really is that simple. It's usually not a fast process. However, it's effective.

Now that we have established how great it is to live the Spirit-filled life. Also, we have looked at how simple it is to get started. Let's now move to understand the ascended life that follows. It works by understanding that God gives us the power to live above our situations. Things that really bother other people do not have to get to you. It can be a little tricky because there are constant tricks to get you to come back down to everyone else level. However, you do not have to let earthly things bother you when you are living a heavenly reality. Would you like for me to stop talking in riddles? I'll make it clear. You do not have to concern yourself with the Gossip going around about you, the attempts to stop your progress or anything of the like. You simply need to live above it. The next paragraph explains how to accomplish the ascended life.

This is not hard to understand but it can be a bit tough to accomplish if you let it. So read carefully. You have to forget your way and find God's way. Everything you've tried to do to stay safe in life. The stuff that you thought brought you internal security is all a lie. For example, people will tell you to "look out for number 1." People who do this find themselves lost and lonely. People tell you to "pursue happiness" but the more you pursue it the more it escapes you. So, you have to learn to forget what advertising is trying to tell

you on billboards, tv, internet and all of the other places. You must find God's way. That takes getting into a quiet place with your Bible and heart wide open. God loves to speak to His people. He loves you! He desires to have a great relationship with you. God's not hard to find when someone wants to find Him. This causes you to live above the noisy distractions of this world!

Matthew gives an account of how his fellow disciple walked on the water one night (Matthew 14:22-33). Peter saw Jesus coming to them walking on the water. He was operating in faith so he asked to come to Jesus. Peter had the faith to step out of the boat and start walking toward Jesus. However, he lacked the focus to stay above the water when he turned his attention to the wind and the waves. Have you ever started doing something miraculous for God and then had everything fall apart? If so, you're in good company. That's happened to the best of us. Or, have you been fearful about stepping out on faith because you've seen others fall down? Well, you just need to have the key to unlock understanding. Here it is; you have to stay focused after you step out in faith.

Here is an illustration to help. Picture your life like a whiteboard with lots of markers. You have your own markers and other people have their markers. They have to have your permission to write on your board. It's your life after all. So, you start to write and someone asks to join you. You write the words; "I can do the impossible." Then, someone else talks you into putting another sentence that reads; "but, I won't!" Now, you can let it stay there and start to sink into self-pity. Or, you can use your eraser to get rid of that second sentence. You have to stay focused and be careful about who you let write on your whiteboard!

This kind of existence is elevated on earth and eternally focused. This world has many mental, emotional and spiritual levels to it. Some people choose to think at a lower level. They have emotional reactions toward you and if you let them they can take you off of your spiritual focus. The key is to understand your life as a building with an elevator. You live on the top floor when you live a Spirit-filled, ascended and focused life. Now, you can get in the elevator and go down and see someone on a lower floor if you choose. But, why not invite them to come up to your level. Listen to him and hang down there for a while and when they are done, you can invite them to join you at the top. Simply say,

come on up when you're ready. Just don't go down there where they are screaming. The thing that will keep you on the top floor is an eternal focus. It's a choice to do things that make an eternal difference rather than trying to bring yourself temporary satisfaction. The crazy thing is that you will live satisfied all of the time when you chose this lifestyle.

The words "it's over" are final. They let other people know that something has taken place for the last time. Yeah, it's never going to happen again. Just think about those words for a minute. They have the word over in it. We can look at that word as an ending or a beginning. It should be viewed as the beginning of another level. You stop living the old level and you start living the new. Today can mark a final point in your turning to insecurity and a starting point to internal security. You simply need to make a choice.

Chapter 15

RESTORE

*You're designed to overcome on the inside.
Get back to being what you were designed to
be.*

Back in the 1950s, there was a speedboat called a “Lyman” that roamed man waters. Today there are still some left. When someone restores an old Lyman boat it really turns heads as it moves in front of people. The boat was created to be a work of craftsmanship gliding across the water. It, not something you will see every day on the river. However, when you do it will make you stop and take notice. Did you know that God can make your life like that Lyman boat? He can restore you back to your original design.

When Jeremiah wrote the Book of Lamentations the tribe of Judah was faced with the realities of a fallen kingdom. The people were sorrowful as they experienced the results of sin. They were questioning their identity as God's chosen people (Lamentations 5). However, they still took a moment to consider that God could restore them (Lamentations 5:21). God took them

aside as a whole. Cleaned them up and prepared them for the coming of their true King, Jesus Christ. So that from them the whole world could know God.

Have you ever hit a place in life where you were burned out and beaten up?

Most people reach this place at one time or another. It feels as if everything is hopeless. It's at these times that we need a total restoration from the Lord! So how does that happen? We must do it from a position of rest. God is the one who can restore us to our original design. After all, He is the designer. When we rest in His arms then He begins to remodel us. In our remodeled state we are refueled by the Holy Spirit to run in the way we are designed to run.

The beginning of restoration in our lives starts by focusing on the first four letters of the word: "RESToration." It would seem that we would have more stuff to do in the process. Like maybe a 15 step program or something. However, that's not how it works. You see, you are the one being restored. So you need to be in a position of rest.

Restoration in your life done by God happens when you recline and receive.

To recline is to lay in a position of rest facing upward. That's a picture of

repentance; We are to return to the upward position. When you get on your hands and knees you are in a position to come before the Lord with submission and stand up with boldness. When you lay down in the opposition position you are laying in His arm as a child would to a parent. You are ready to receive Him. He puts his hands on you as a father and holds you in love. A time of restoration is not the same things as strategic prayer warfare. It is a time of resting and trusting in God to work in you as He holds you.

If you take the time to rest in the Lord you position yourself to be remodeled by him. When an owner restores a boat there is a time of getting it out of the water and positioning it for the work ahead. Can you picture a boat owner touching the side of his old beat up wooden speedboat as he softly talks to it? He tells it what it will look like when he finishes working on it. That's what it is like when God works on you. He is your own and he knows what you are supposed to look like. So, He puts the effort into working on your life.

In order to be restored, you must be revealed and revived. First things first, you have to be stripped down of all the old paint that has been faded by the elements. When this happens, your scars and weak points are in full view.

You then know that you need work. Secondly, you are revived by repairs and new paint. You get back to looking like you are supposed to look. Your outside is a picture of your inside. You get back to feeling like your supposed to feel. You are full of joy. You are ready to operate like you are supposed to operate. That is an important step in the restoration process. But, don't stop there!

All too often people get touched by God and then they run out as if they can conquer the world! Hey, they can do impossible things after all. But, if they don't have the fuel to do it they will end up sitting around and falling apart. You see this in people who become judgmental others. Deep down they lack the understanding of why they can't feel God's presence anymore. "It must be the churches fault!" Or they will think "I must not be good enough!" However, these are just smoke screens to blind them to the real problem that they need refueling. A boat can be placed in the water and look nice. But, until it has the fuel it is not able to operate. Now, picture God with a gas tank ready to pour fuel in.

In order to receive the fuel, you must allow God to reign you in until His fuel reaches the top. This is a process that needs to happen a lot. There is a song

that says “our God reigns!” People sing it loud and proud and then they run, run, run! Reigning indicates being held back. God holds us back so that we can read His word, hear His voice and spend time with Him. This is the fuel that is needed to live the way God intends. Many people wonder how long they should pray, read the Bible and spend time with God. The answer is simple in this case: until He fills you up! Then you can run on what He gives you.

When you run hard you must return often and stay in rhythm when you do. One tank of gas is not enough to run on forever. God designed you that way. You might wonder why He didn't just give you gas that will not run out. The answer, so that you will return again and again. God loves to refuel your life. He gives you top quality fuel that keeps you in rhythm.

Would you like for me to stop using so many speedboat metaphors? Ok, here it is in plain English: God created you and he can restore you back to what you were always created to be like. Also, He will sustain you spiritually and emotionally as you spend time with Him. So, keep going to God!

Chapter 16

CHANGES

It's never too late to change.

All through this book, we've looked at what it takes to go upward and get back to the surface. This is a book about Buoyancy. Buoyant things rise to the top. But, what if you don't know how to move up and the water around you is throwing you around? What if things are changing and you are totally confused. As an example, let's look at a surfer who gets caught in the wash of a big wave. The wave is tossing the surfer all around. It seems like swimming hard to the top would be a good idea. But, for that surfer, it might be hard to know where up is located. So, what is the person to do? If the individual swims as hard as possible it might lead to losing all energy and drowning. If the surfer chooses to calm down and wait for the changing situation to subside. It will lead to life. Sometimes in buoyancy, you have to see where you end up at the end of a situation.

That's how it must have felt for James and Jude when their older brother was claiming to be the Messiah. Here they are watching the guy they grew up with as he performs miracles and claims to be the Son of God. I'm sure they caught

on that he was special. However, this seemed to be a bit much for them to accept. The Bible says “For not even His brothers believed in Him.” (John 7:5). I’m sure they felt confused about what to believe as Jesus did amazing things and then was killed on a cross. They must have felt like they were in a 3-year wave of confusion and they were not sure how to find the way to the surface of understanding. However, something happened and they changed! They both came to believe that their brother was the Son of God. I would think that His resurrection from the dead helped them to understand their brother's true identity. They would both go on to be influential leaders in the church and write letters that we read in the Bible today (Book of James and the Book of Jude). So, people can change when a revelation comes upon them. They can come to know the way up again by God revealing the truth to them.

Buoyancy is very important in the sport of surfing. It’s importance really can't be understated. It takes buoyancy to stay above the wave when a surfer is riding it. It becomes a matter of life and death to a big wave surfer who suffers a wipeout. James and Jude were like big wave surfers who wiped out in life. The Messiah of Israel, Eternal Son of God and true King of the whole world

was there big brother and somehow they missed that point. They wiped out on a huge wave. But they survived and got back up.

Let's look at some practical ways of how that works. First of all, when you wipe out you can't panic. You have to start by relaxing. Second, you need to evaluate your situation. The wave can't last forever. Your problem in life will not last forever. You need to simply consider what's going on and define it as a period of time. Third, you need to feel the vibe of what God is doing. By the way, all of these things are happening at the same time and very quickly. Recognize that God is at work and let Him guide you through the chaos. Fourth, expect that things will be different. Sometimes people freak out and get stuck because they think that a crisis makes everything bad. It could be that the crisis becomes the very thing that makes you stronger! That was defiantly the case with James and John. Fifth, adapt to reality. Ok, so you wiped out and things are going to change. If you do it right you will be much better for it. Hey, in Acts chapter 15 we see James influencing major leadership decisions. Sixth and finally, you've got to level out. The problem will be done before you know it and you will be more prepared for the next one. They are another wave

coming. If you level out and look for it, it will not phase you. Change is a good thing when we reach a new level of revelation.

Mess ups happen a lot! Your reaction to the mess up will determine a lot when it comes to the influence on the rest of your life. Great surfers do not train for perfect conditions. They train for everything to go wrong! They train themselves to relax when they wipe out. That way they can make it back to the surface and live to try it again. Jesus bothers completely blew it for a while. However, they chose to relax by resting in Christ and moving on.

The next time you find yourself in a really bad situation, your fault or someone else, you should start by relaxing. That will not come naturally. It's not the way the world thinks. But it is the way that Spirit-filled believers think.

Accept what just happened and consider what is going to happen next. Ok, so it happened! You fell down. You wiped out! You did something that every human being over the age of 20 has done over 1,000 times. You made a mistake. Or someone else made a mistake and it's now affecting your life. You must define it! Simply give it a name like "my bad" or "something someone

else thinks” or the like and move on with your life. Evaluations are about defining the past and moving toward the future.

Are you willing to accept your own imperfections? Are you willing to accept the imperfections of others? Are you willing to accept the change that comes along with them? If so, you can apply it to the next time you face an issue. You can give it a name and move on.

Feel what God is doing in the middle of your wipeout! Don't focus on the pain of a mess up. Choose to focus on the love of God. Life wipeouts can be a lot more than just a dwelling point, they can cause us a lot of pain if we let them. However, if you choose to focus on the love of God, you can get past the pain. Feelings are a matter of heart and your heart has a focus. If you put the focus on the love of God you will not be disappointed.

So, on the next wipeout make a chose about where to focus your heart. Put the focus on God.

Things will get better if you expect them to get better. That's not some new age mystical talk here. Hey, followers of Jesus Christ get to spend eternity in heaven. So, even if the problem does kill you, it can not take your life. If your trust is in Christ, you have something that can never be taken away. People can take all of your stuff, friends and every other earthly thing but they can not take your joy without you throwing it away. Joy is on the inside. It grows with the faith-filled expectation that God is going to work everything out for the best.

Next time you fall in the water of despair, let your expectations of Jesus bring you back up with Joy!

Like a wave of the sea, all things on earth will pass away. Your issue is not going to last forever. Chaos is only for a passing time. Only God can give you something eternal. Everything else is passing. That realization will help you to adapt to your surroundings. it's alright when things go wrong because you can adapt to it by accepting it and embracing a better future. People who learn how to stay at peace under the water are able to hold there breath for long periods of time. There are people who have been able to hold their breath under the water for over 20 minutes. Most people start to freak out after one minute. It's

the freaking out that causes people to drown. It's not the amount of time.

Choose to adopt for the season you feel submerged under life's challenges.

The next time you feel like you are drowning remember that only God gives eternal things and the problem will pass.

When you level out you will be better prepared for the next wave. There will come a point where you reach the surface. Many big wave surfers who reach the surface after a hard wipeout find themselves staring at the face of another wave. It is at that point they are able to do what every duck understands.

Dive! The power of the wave is at the face. If you dive into it, it will not be able to throw you into chaos again. When a problem comes your way and you go to your knees before the Lord, the problem will not be able to have power over you. You can let it just pass on over.

So, the next time the same old kind of problem attempts to throw you under the surface again, just go to your knees before the Lord and allow Him to cover you.

Chapter 17

FILLED WITH LIGHT

You have God's light shining on you inside.

You will be faced with a lot of changes in life. God never changes and He will fill you with His light. We live in a time of massive shifts and changes. 12 years ago when I was in school my teacher Sam Chand made a profound statement; "We used to say 'If you do what you've always done, you're going to get what you've always gotten.' However, that is no longer true. Now, if you do what you've always done you will fall behind." He explained that it's the difference between landscape and seascape. With landscape things are standing still. They don't move much. With Seascape, there is a great deal of movement going on. At best you drift and in a storm, you could be overcome by the wind and waves. One thing is for sure out at sea. Things will change. So in this changing world, what is not changing? It's God! God tells us that He stays the same (Hebrews 13:8). As he remains the same He shines a light on the inside of those who desire it from Him.

"Every good gift and every perfect gift is from above, coming down from the Father of lights, with whom there is no variation or shadow due to change."

James 1:17

The book of James was written for the purpose of imparting wisdom a people who needed more light on the inside of them. There where 12 tribes in Israel and each was tasked by God to work together in bringing God's light and glory to the rest of the world. They spit apart and lost their understanding of how to accomplish that goal. Yet, some of them recognized the Messiah Jesus Christ came along. They were scatted all over the Roman Empire and beyond. James sent out this letter to help them develop in wisdom on how to live life as a disciple of Jesus Christ.

So we must realize that being filled with the Holy Spirit is like having the lights turned on inside of you. Five clear things are happening constantly on the inside of you: (1) Linked to the invisible instructor. (2) Imputed by the one true God that gets all of the glory. (3) Getting it when it comes to hindrances and helps. (4) Have what it takes to be tinder and tough. (5) Tracking is possible because your past input in the right perspective and you're presently defined.

You can not see all of the waves of information moving around you on planet earth. Unless you get on a computer to read them to you. That's how it is with

God. He is an invisible instructor. You are able to discover Him when you open up to allow Him to work within you. That's the Spirit-filled life! God is invisible and yet to can experience him. You simply need to be turned on and linked in. Here's the great thing. He's already set up the link. All you have to do is open up your heart and receive His work within you. When that happens His instructs you to operate at your fullest potential. You're like the computer that presents massive amounts of information by simply being linked into the web. In the case of being filled with the Holy Spirit, you are linked into God. Talk about living a buoyant life!!!

To compute is to add it up and to impute is to receive what has been added up. God has added up righteousness from His glorious Son and He imputes it in you. So, this is not about your righteousness. In other words, it's not about how good you can perform. It is about receiving the Great work that God has already done through His Eternal Son Jesus Christ. He takes the righteousness of Christ and places it in you (Matthew 5:48, Romans 3:21, 22). This means that He deserves all of the Glory when you do great things. He is the one working in you. A computer that shows you important information owes all of the thanks to the server that sent the information. You owe all of the glory to

that one that empowered you to accomplish the impossible. Keep in mind that God is invisible. You make Him visible to others by following His way and showing others how it worked.

It's great for people to say about you, "that person really gets it!" They know how to avoid being a hindrance and how to overcome hindrances. Also, they know how to help and be helped. When they come around they do not bring a problem. They are the ones who are part of solving problems that already exist. Have you met someone like this before? Did you describe the individual as someone who "really gets it?" Would you like to be one of these individuals? This is a great benefit of letting go of your way and bring filled with the Holy Spirit.

Romantic warriors are tender and tough. The same is true for warrior princesses. A lot of boys grow up with dreams of overcoming hardship and winning a beautiful woman's heart in the process. These boys long to hear that they have what it takes. They long to be tough on an enemy and tender with their beauty. There are women out there who have tender hearts and they know how to be tough when the time comes. A lioness does not hunt as often

as a male lion. However, if you try to mess with her young, you will discover that she is intact a lion and she is as tough as any man. A lot of little girls grow up and desire to be tinder princesses would protect the Kingdom at a moment's notices.

A tracker knows where they've been and where they are going because they know how to put the past into perspective and how to define their present moment. The Holy Spirit works in you to track your past in the right way. You are able to look at the history of your life and choose to forget, delete or move on from a crisis. Peter could have held back spiritually if Jesus had not put his denial in the proper perspective. You become aware of God's way to look at your past and you move on from it correctly. Also, a tracker gets the present moment. When a tracker is chasing someone or something, they are able to look at a footprint and know who has been there and what happened. They are able to tell how long ago it was. They are able to become super aware of the present moment. Do you know where you are right now? When God shows you a picture of your present location and moment, you are able to see the future in a whole new light.

God shines His light within you by filling you with the Holy Spirit. You are able to look at what happened before, see what's happening now and view what could be in the right perspective. Yesterday has past and it's not coming back. In some ways that's good and in some ways that may seem bad. When you are filled with the Holy Spirit you are able to see God's perfect work in it all. This will cause you to view life in a whole new way. You are able to move on from your past an into the present moment. You find closer in the then and an opening in the now. You are able to see all of the glorious opportunities that surround you. That's God's work within you. You are given vision for the future and empowerment to pursue it. You are living the buoyant life.

Chapter 18

RISEN UP FOR A PURPOSE

You are given positions of authority for a reason.

Have you ever slowed down long enough to recognize patterns in your life?

There are some patterns that individuals develop that are unique to them.

There are other patterns that all people develop and they work universally. In

the case of Esther, we can discover a pattern that works universally. It worked

in her time, over 2,400 years ago, and it is one that still happens today. It

happens when someone uses their God-given talent and couples it with the

impartation of God. This shows up when the right moment comes and it

develops into an experience. This pattern happens over and over and makes a

person better for it.

Esther was a talented young lady who caught the attention of one of the more

influential rulers of all time. She in Persia during the height of the empire. This

was during a time that they were expanding into Greece. This was during the

time when the Jews were returning to their homeland to rebuild the temple

and the wall. Also, it was a time when there was a plot to kill Jews. She was in a dangerous position because she was a Jew that was married to a powerful ruler. If she kept silent, her people would be distorted and if she spoke to the King about it she could be destroyed as well. It was under this pressure that her uncle comes here and spoke the following words.

For if you keep silent at this time, relief and deliverance will rise for the Jews from another place, but you and your father's house will perish. And who knows whether you have not come to the kingdom for such a time as this?"

ESTHER 4:13, 14

This was a defining moment in Esther's life. Like her, we have defining moments when we must use the position that our God-given talent has given us. It is best for us to understand the impartation of the Holy Spirit upon our lives so that when the moment of truth arises we do what we were created and empowered to do. Every time we do this we gain experience and get better for it. Realize that you have been risen up to the surface of life for a purpose. When the moment comes you are able to do the right thing.

Everyone alive is born with a talent or talents to investigate, invest and instruct. God gifts people with natural talents. Not all are the same. They are discovered by looking at the inside and recognizing them. Once they are discovered they need to be invested. God gave them to you to help others. When you use your talent for His glory you are fulfilling your purpose in life. The more you do the better you get at it and the better you get at it the more equipped you are to instruct others. Then they can take what you've given them and make it go even farther.

Elijah grew up discovering his talent for hearing the voice of God. He gained confidence in this talent to the point that he was ready to stand before the King of Israel and tell him the word of the Lord. He became very bold by discovering the gift placed inside of him. He invested his gift in the Nation of Israel by speaking the truth over and over again. This helped the people to recognize the identity of the true God. Elijah instructed others in this talent. The main one he poured his life into was Elisha. There were many others. He did not keep his gift to himself. This is how we should use the gift placed on the inside of each one of us.

The Holy Spirit is imparted on the inside of each one of us to motivate others (Romans 12), manifest God (I Corinthians 12), and for some to help others mature (Ephesians 4:11-13). We all should use our God-given gifts to motivate those around us. In Romans 12 there is a list of 7 gifts given to believers. You will not operate in every one of them. However, there will be one that stands out as your gifting from God. God even manifest (shows up) through believers. There are manifestational gifts listed in I Corinthians 12. God will show up through you as a believer when you open up and allow Him to work through you. There are some people who are called to instruct others in the development of talents and impartation. These are the Apostles, Prophets, Evangelists, Pastors, and Teachers found in Ephesians 4:11. They equip others to mature as believers.

The best way to maximize a God-given moment is to expect it, execute a plan and evaluate what happened. This starts by living a life of prayer. Prayer goes two ways it's talking and listening to God. When we listen we come to understand God plan. As a result, we can expect things to take place. The way to ensure that you do not miss out on a God-given opportunity is to expect it to come. When you expect it you can execute the plan that God gives you.

Oh yeah, did you know that God will guide you in developing a plan? When you do execute the plan you might make some mistakes. These things happen. But, you can evaluate them and learn from them when they do. When the moment comes, maximize it.

Peter had three years of preparation for the moment he maximized on the day of Pentecost. He expected the moment to come because he had spent time with Jesus and was instructed that it would come. The Holy Spirit fell on believers in an upper room in Jerusalem. They went out proclaiming God to Jews from all over the Roman empire. This caught the attention of a massive amount of people. When it did, Peter was ready and He preached a message that led to 3,000 Jews giving their lives to Jesus Christ! He had made a lot of mistakes leading up to this moment. However, Jesus taught him how to evaluate his mistakes and learn from them. As a result, Peter became the leader he was created to be. God will work in your life to bring you to the moment He has for you!

Gaining experience happens when you evaluate your past moments by giving them a title and moving on. If you fail at something you should accept it and

learn from it. If you succeed you should recognize how God gave you the ability to fulfill His purpose. Thomas had a bout with doubt. He doubted it when he heard that Jesus rose. It would be hard to imagine what he must have felt like when Jesus walked up to him as his resurrected savior. Whatever he felt on the inside he clearly learned that Jesus forgives us for our failures and helps us to move into future success. Embrace your experiences and emerge as with a purpose.

Chapter 19

WALL BUILDER

Impossible things can be done.

When you look at the story of Nehemiah, you are reading one of the most interesting books in the entire Bible. His story is one of passion, purpose and prayer. He was passionate about worshiping God. At the same time his heart was filled with sadness because he knew that The Temple, the center of worship, was exposed to for enemy attack. This passion gave him a burning desire to fulfill his life purpose. He was working as the one who tasted food and drink of the king to ensure that the contents of it would not kill the king. He understood the importance of protection. Now the time had come for this purpose to expand into the Jerusalem for a wall building project. He would be the one who set up a defense for the city, its inhabitancy and most importantly the center of worship. In a time of prayer this purpose became very clear to him and God set his life to oversee the wall building project of Jerusalem.

He moved to the city, marched around its gates and surveyed the land. When this was complete he went before the people. The following are the words he spoke to them:

Then I said to them, “You see the trouble we are in, how Jerusalem lies in ruins with its gates burned. Come, let us build the wall of Jerusalem, that we may no longer suffer derision.”

Nehemiah 2:17

These words are a great way for an emerged believer to view life. We should see life from the perspective of understanding that our worship glorifies God and therefore fulfills the purpose of life. We should understand that we need to build a wall around our worship to protect us from the enemy and gates on the wall to let people in and out. Have a basis for building that lines up with the purpose of glorifying God. Don't just build a wall to try to keep others out of your life. Have mental pathways that lead to worshipping God and make sure that you keep distractions out.

If you are going to build something it is important to understand the foundation that you are building it on. In life we should always look at the underlying purpose and ultimate perspective of building. Nehemiah's underlying purpose for building was for God's people to have freedom to worship God. The ultimate perspective was that it was God's will and therefore God's favor would be on it.

When something starts as a result of prayer it is positioned for success. If the foundation of a house is not soled it will not stand up to the storms of life. No

matter how well something is built it can be distorted if it is built on a weak foundation. The Titanic is exhibit A in this matter. They thought the ship was unsinkable because they built it. The City of Rome is exhibit B. It is a major city today but it is a small fraction of the level of influence it had 2,000 years ago. Back then people thought they could put all of their trust in Rome and they found out in 410 & 476 AD that even a city with that much influence could be sacked and fall apart. Nothing that is born of this earth is eternal. But, things born in heaven by way of prayer are eternal. What do you want to base your life on?

This is a word that traces back to Middle English and Latin and it holds the meaning of healing, comfort and favor. The Holy Spirit gives you unction for inspiration and importance. You will experience deep inspiration when you are under the unction of the Holy Spirit. On the inside, you know exactly what you are supposed to do. You have the kind of drive that will not be stopped. If you lose the unction you will slop down but if you hold on to it you will fly. It's a driving importance that stands taller than anything else. The circumstances of your life start to matter less as Christ in your life matters more. That's the unction of the Holy Spirit.

Nehemiah understood that his life had purpose because God said it did. This understanding was contagious! There is a plant called “kudzu.” Once it starts to grow it overtakes everything around it. Nehemiah’s purpose from God was like kudzu to the the people. As he spoke his words God all over everyone and they developed a mind to work!

Inside the well built walls of an influential city is an infrastructure that has purpose. The main lanes of reach road lead to the most important place and the lifted points that are build stand tall for a reason. Infrastructure is what makes a city work well. It’s constantly developing to meet the needs of a growing city. Lanes must line up to move toward the places that matter the most. Lifted points must be build as watch towers in the best places.

As Nehemiah built the wall the center of attention was The Temple. This is the place where God was glorified through worship. This was the highest point in the city and the roads lead that way. That’s the way it needs to be in our minds. The “pathways of our brain” should lead to worship. This is the highest point of thinking we can reach. When brain scans are conducted it is the

highest point of our brain (the frontal lobe) that lights up. That's what happens when you are communicating with God. You actually think better. You are designed that way. Setting the infrastructure of your brain to move toward worshiping the LORD will truly clear up your thinking and set you on the right path.

Every city wall must have gates. These gates are very important because they are the entry ways in and out of the city. The latch on the gates must be strong! They must stand up to the harassment of the enemy. Your spiritual enemy wants to take your worship away. But, you must not let that happen. Build a strong latch on the door so that you can open up to people who want to experience God with you and close the door on things that try to distract your worship.

Welcome to the buoyant life!

When you live the buoyant life, you move to the top of your surroundings by recognizing the things that must go. What will it take for you to rise above guilt, gripes, and gossip? If you turn to Jesus Christ, you are turning away from sin and toward the Savior. Never try to do both at the same time. Truly turn away from the things that attempt to drag you down as you turn to the things of God. When that happens you will move up. When you truly turn upward toward the Lord you will not have to listen to the gripes that surround you. Face the fact that there will always be people around you that will complain. Embrace the reality that if you listen to God you can drown out those voices. Finally, gossip will come calling a lot. However, you do not have to listen to it. You can influence your surroundings and not let (negative) surroundings influence you.

So, some things have got to go if you are going to live the buoyant life. When you follow the example of the iceberg, you are able to grow beyond the environment of this world. The ways of the world are harsh. However, the ways of the Lord will give you the ability to activate, adapt and advance. You see the situation, set your focus on the Lord and succeed rather than fail. You are able to activate on the inside when you have the Holy Spirit inside of you. This

becomes the main influence on your life. You are able to adapt to any situation and advance beyond it by moving above it. God is calling you upward.

What are you showing those around you? The strength, strategy, and stability of a better life come from the Lord Jesus Christ! You (and I) must turn to God for strength to overcome. You might not know what to do at the beginning of a difficult situation. However, God will show you if you will turn to Him. You might not know how to keep going when it gets hard. Realize that it's God doing the work within you.

An iceberg has the same makeup as water but it stands above all in a solid form. In I Peter 4:7-10 we see what should stand above all: love. Will you love God above as you love those around you? This is what it takes to live the buoyant life. You are able to drop all of the stuff that holds you down. You are filled with the Holy Spirit and that will always bring you up. What people see when your life moves to the top is an example for all to follow.