OASIS CELEBRATION OF GOD'S LOVE 2/11/23 "The Healing Power of God's Love" Daily Action Plan by Cindy Galdal-Ruperto, Cindy@CompleteinChrist.com

The Apostle Paul said that his desire was to know Christ and the power of His resurrection (Phil. 3:10). During my recent season of suffering there were times I felt like I was fighting for my life. God was bringing me out of what felt like a death into a resurrection. Low blood sugar levels from Reactive Hypoglycemia brought me to the end of myself, and in that place His resurrection power sustained me. I came to know Him in a deeper way as He guided me through each day. Here are some beautiful truths I want to share with you from that time.

"Therefore, if you have been raised with Christ, keep seeking the things *that are above*, where Christ is, seated at the right hand of God. Set your minds on the things *that are above*, not on the things that are on earth. For you have died, and your life is hidden with Christ in God. When Christ, who is our life, is revealed, then you also will be revealed with Him in glory." Col. 3:1-4

This verse covers a lot of ground. Don't miss any of it:

- 1. We were co-crucified with Christ, buried and then resurrected to a new life in Christ. He is now our life.
- 2. Our former self, based on independent living, died on the cross.
- 3. Living independently of Christ is sin. The devil tempts us to remain in those old habits and thinking patterns that enabled us to work hard trying to meet our own needs and live in our own strength.
- 4. The new life we have been born again into is hidden with Christ. He wants to meet our needs and bear our burdens.
- 5. We need to set our minds on these beautiful, liberating truths to learn to experience them for ourselves.

Here are Some Verses to Set Your Mind on Daily

1. "You will keep him in perfect peace all who trust in you, all whose thoughts are fixed on you." Isaiah 26:3. In his book *Lifetime Guarantee*, Bill Gillham teaches peace is not a *feeling*, it is a *knowing* that God is in control.

2. **"Cast all your cares upon Him, for He cares for you." 1 Pet. 5:7** God is <u>commanding</u> us to release our cares to Him. What is your criteria for effective prayer? According to God, it's actually letting go of your requests and leaving them with Him. The devil will tempt us to take them back. Recognize the warfare you are engaged in and refuse to dwell on what you have released to your Heavenly Father. Stop living like an orphan.

3. "And my God shall supply all your need according to His riches in glory by Christ Jesus" Phil. 4:19. Your new life in Christ means that you do not have to be self-absorbed, focusing on getting your needs met. God wants to supply them for you. That means your *needs*, not your *greeds*. Your focus is now on serving the Lord. 4. "Come to Me, all of you who are weary and over-burdened, and I will give you rest! Put on My yoke and learn from Me. For I am gentle and humble in heart and you will find rest for your souls. For my yoke is easy and my burden is light" Matt. 11:28,29. God wants to bear our burden for living. Wow! That is so radical and different from the way most Christians live. Practice this truth daily in the small things not just the big. Ask Him to do it all for you, through you, as you step out in faith. That includes loving your family, dealing with difficult people, and everything you do each day. His power shows up best in weak people. Rest for our souls comes by trusting in your new identity in Christ as secure, loved and cared for by our Heavenly Father.

The Power and Purpose of Setting Your Mind on God's Truth

- 1. The Bible calls our old thinking and habit patterns for getting our needs meet independently of God FLESH. The devil seeks to control us through them. Ask God to reveal yours to you.
- 2. Damaged or raging emotions that we have grown used to can be tamed with the truth of God's Word.

- 3. Ask God to reveal to you the lies you have been believing and give you the relevant verses to set your mind on.
- 4. Start your day with thinking about the verse, or verses, on purpose. Then, when you need to apply it you'll be ready.

Bible Verses God has Used to Transform Me by the Renewing of My Mind

- "You are not your own, for you were bought with a price" 1Cor. 6:19,20. Years ago when I suffered from three day long panic attacks nothing worked to get rid of them. Then during the attacks I began telling my Heavenly Father that He has a problem now. I told Him this was *His* panic attack cause I belong to *Him*. I kept telling Him that He bought me with the blood of Jesus and I am not my own. The panic attacks got shorter and shorter and finally left and never returned. That was over 26 years ago.
- 2. "For I know the plans I have for you," declares the LORD, "plans to prosper you and not to harm you, plans to give you hope and a future" Jer. 29:11. God has revealed the lies I have believed since childhood about myself because I didn't have a father growing up. I asked Him to give me a verse for the feelings of insecurity the enemy harasses me with. This is the one He gave me.
- 3. *"The Steps of A Righteous Man are ordered by God,..."* Psalm 37:23. When I have doubted my decisions or wondered about difficult seasons of my life, God has given me this verse to combat those thoughts.
- 4. *"I am the Resurrection and the Life"* John 11:25. God has taught me to not focus on my limitations during sugar lows but instead focus on His power working in and through me.
- "Fix your thoughts on what is true and good and right. Think about things that are pure and lovely, and dwell on the fine, good things in others. Think about all you can praise God for and be glad about" Phil.
 4:8. In the midst of my suffering God told me to think about the good in my life. He said gratitude brings joy and it does.
- 6. "And God said, Let there be lights in the expanse of the heavens to separate the day from the night, and let them be signs and tokens (of God's provident care*), and (to mark) seasons, days, and years" Gen. 8:22. God told me that when I had anxiety as a child, all I had to do was look up and be reminded of His provision.
- 7. "But you are a chosen race, a royal priesthood, a holy nation, a people for God's own possession, so that you may proclaim the excellency of Him who has called you out of darkness into His marvelous light" 1
 Peter 2:9. Darkness has no place in my thinking. Life-long thinking patterns of self-pity, sadness, and worry are the warfare the devil wages against me to hinder me from enjoying my life. I choose to walk in the light when I walk in the truth of my new identity in Christ. My created purpose is to live forever as a dearly beloved Child of God.
- 8. "What do you have that God hasn't given you? And if everything you have is from God, why boast as though it were not a gift?" 1 Cor. 4:7. The Lord gave me this verse when I was very weak before teaching a Zoom class. He showed me that whether I am weak or strong it is His power working in me and He gets the glory. It's all about Him on my best or worst days.
- 9. *"God has filled the hungry with all good things"* Luke 1:53. When I was depleted after years of caregiving God told me He will fill all the empty places in my life and soul. And He has. Only He can.
- 10. "My old self has been crucified with Christ. It is no longer I who live, but Christ lives in me" Gal. 2:20. At the cross my old independent life was exchanged for Christ's life. My focus is to let Him live His life through me. The same life Christ lived on this earth is the One He wants to live now through me. That means serving and loving people in His name, His power and His provision. When I have felt my worst, God has prompted me to reach out and pray, share and minister to others. It lifts me out of my own despair and brings me so much joy! This is the victorious Christian life. It is allowing the Victorious One to

rule and reign in our hearts, our circumstances and our lives! This is the healing power of God's love for us and all those we come in contact with. So get busy and share God's light with this darkened world!

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