

# The Pearl Within

***AN INTERACTIVE JOURNEY ...  
THROUGH YOUR PAST, PRESENT, AND FUTURE  
TO DISCOVER THE PEARL WITHIN YOU!***

***The Kingdom of Heaven is like a merchant  
searching for pearls. ~Matthew 13:45***



**Pamela and Michael Mathews**

# THE PEARL WITHIN

A SERIES  
OF INSPIRATIONAL JOURNEYS AND  
JOURNALING

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**Note:** All Bible Scripture References are from the New International (NIV) version unless otherwise labeled.

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~Matthew 13:45*

# THE PEARL WITHIN

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Are you prepared for the *Journey of your Life* ... by finding out who you were created to be, and who you can become by letting the *Pearl Within* you be discovered? Will you ask, seek, and knock at your own hearts door to reveal that *Pearl Within*? The Kingdom of Heaven is waiting for each of us to discover our beauty, power, and potential.

## Preface

“Again, the kingdom of heaven is like a merchant seeking for fine pearls!”  
~Matthew 13:25

**W**elcome to your personal journey through the *Pearl Within Journal*. This Journal is uniquely designed for your life and is like no other journaling experience that you have encountered.

What makes this Contemporary Journal so unique is that it will take you through a personal journey of your life to find the hidden Pearl(s) within yourself. This is the very Pearl that God always intended for your life. The journey will take you through your past, through your present, and help launch you into the future as it illuminates the Pearl that God designed you to be from birth. The journey will blend many experiences and emotions that make you laugh, make you cry, make you rejoice, and lead you through many euphoric moments of thanksgiving as you see your true reflective pearl being extracted from the oyster and irritants of your life. You will soon see the similarities of the miracle of both the Pearl and your life, once you view the completeness God intended for your past, present and future.

### **The Miraculous Birth of a Pearl**

*The birth of a pearl is truly a miraculous event. Unlike gemstones or precious metals that must be mined from the earth, pearls are grown by live oysters far below the surface of the sea. Gemstones must be cut and polished to bring out their beauty. However, pearls need no such treatment to reveal their loveliness. They are born from oysters complete -- with a shimmering iridescence, lustre and soft inner glow unlike any other gem on earth.*

*A natural pearl begins its life as a foreign object, such as a parasite or piece of shell that accidentally lodges itself in an oyster's soft inner body where it cannot be expelled. To ease this irritant, the oyster's body takes defensive action. The oyster begins to secrete a smooth, hard crystalline substance around the irritant in order to protect itself. This substance is called "nacre." As long as the irritant remains within its body, the oyster will continue to secrete nacre around it, layer upon layer. Over time, the irritant will be completely encased by the silky crystalline coatings. And the result, ultimately, is the lovely and lustrous gem called a pearl.*

*How something so wondrous emerges from an oyster's way of protecting itself is one of nature's loveliest surprises. For the nacre is not just a soothing substance. It is composed of microscopic crystals of calcium carbonate, aligned perfectly with one another, so that light passing along the axis of one crystal is reflected and refracted by another to produce a rainbow of light and color.*

### **The Miraculous Birth of the Pearls of Your Past, Present and Future**

The full birth of who God designed you to be is a miraculous event. Unlike perfect people, God creates us into his image with a fallen nature because of the fall of Adam and Eve. Along your life journey many irritants such as disappointments, broken relationships, lack of self worth, dysfunctional family traits, addictions,

financial issues, thoughts of death, self-hatred, loss of hope, parasites, and many other clingy things seem to collect in the closets of your life. As your life progresses, the illusion of fear and failure are combined to force you to escape or resent the memories of your past, which in turn effect your present and eventually hinder your future.

God has allowed you as an individual to review your collection of irritants in a manner that allows Him to shine light into your past, present, and future, simultaneously. This review allows you to be thankful or exchange the irritants for a re-alignment that perfectly connects your past, present, and future via God's light. These light rays into your past, present, and future allow you to view the pearl of your life represented by a full rainbow of light and color that connects your past, present and future into the miracle God always intended.

Are you ready to begin the journey of finding the pearl within, by exchanging the irritants of your life for the miracle God intended! Should you embark on this personal journey you will be challenged to exchange your irritants for personal pearls.

The Pearl Within Journal includes various areas of your life that generally need to be refined, cultivated, and rid of irritants that have blocked the light rays of completeness to shine upon your pearl. In some cases, if you have released or exchanged your irritants over periods of time, the journey may be simple. However, if you have built up your irritants or hidden them through the years, the process could be lengthy and painful, but every bit worth it, as you begin seeing the **Pearls Within** you!

We encourage you to read and listen to the song called "Whatever Your Doing ... something Heavenly" by Sanctus Real. We encourage you to purchase the song once you have listened to the lyrics at -- [http://www.youtube.com/watch?v=u\\_t-PaBRSQY](http://www.youtube.com/watch?v=u_t-PaBRSQY)

### **"Whatever You're Doing ... Something Heavenly"**

It's time for healing time to move on  
It's time to fix what's been broken too long  
Time to make right what has been wrong  
It's time to find my way to where I belong  
There's a wave that's crashing over me  
All I can do is surrender

(Chorus)

Whatever you're doing inside of me  
It feels like chaos somehow there's peace  
It's hard to surrender to what I can't see  
but I'm giving in to something heavenly

Time for a milestone  
Time to begin again  
Reevaluate who I really am  
Am I doing everything to follow your will  
or just climbing aimlessly over these hills  
So show me what it is you want from me  
I give everything I surrender...  
To...

(Chorus)

Time to face up  
Clean this old house  
Time to breathe in and let everything out  
That I've wanted to say for so many years  
Time to release all my held back tears

Whatever you're doing inside of me  
It feels like chaos but I believe  
You're up to something bigger than me  
Larger than life something heavenly

Whatever you're doing inside of me  
It feels like chaos but now I can see  
This something bigger than me  
Larger than life something heavenly  
Something heavenly

It's time to face up  
Clean this old house  
Time breathe in and let everything out

**Sanctus Real, EMI/CMG Sparrow Records 2008**

## Introduction

*"I will give you the keys of the kingdom of heaven. Whatever you bind on earth will have been bound in heaven, and whatever you release on earth will have been released in heaven." ~ Matthew 16:19*

*"Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness, that most frightens us. We ask ourselves, who am I to be brilliant, gorgeous, talented, and fabulous? Actually, who are you not to be? You are a child of God. Your playing small does not serve the world. There's nothing enlightened about shrinking so that other people won't feel insecure around you. We are all meant to shine, as children do. We are born to make manifest the glory of God that is within us. It is not just in some of us, it's in everyone. And as we let our own light shine, we unconsciously give other people permission to do the same. As we are liberated from our own fear, our presence automatically liberates others." Marianne Williamson*

Many people seek for greater things such as greater meaning, greater understanding, greater wealth, greater relationships, greater significance, etc. The Bible is clear that we are to seek, we are to ask, and we are to knock (Matthew 7:7). In essence, the Bible encourages all people to improve and become the person God created them to be. Taking this one step further, Jesus begins to encourage people to not only believe upon Him but to expect to do even greater works than He did (John 14:12). Lastly, God states that He has given you the keys to the Kingdom of Heaven ... so that you can bind and loosen things in your life, your family's life and other people's life. Let it be known that for everyone that has allowed their past to block their future, feels inadequate, feels a failure, feels dysfunctional, feels incompetent, feels unworthy, feels relationally inept ... God has given you the keys to start finding and unlocking the pearl that is within you!!

Without a doubt, God has designed us to become more than many of us have become. However, few people have realized the simple process in which this takes place. That simple process can be explained in Scripture by stating what the Kingdom of Heaven is truly like. Open your hearts, listen, and pray over the following Scripture passage.

*"Again, the kingdom of heaven is like a merchant looking for fine pearls. When he found one of great value, he went away and sold everything he had and bought it."  
Matthew 13:45-46*

This passage in the Bible is vital to understand a simple process that many people overlook. You will note that in this passage the object of discovery is a **pearl** of great value. You will also note that the subject surrounding the object of great value is the Kingdom of Heaven. Jesus was instructing us that the Kingdom of Heaven is like a merchant who is looking for fine pearls, and finally finds a pearl of great value. When the merchant finds the one of great value he is willing to **exchange** all else to get the one of greatest value. Therefore, the Kingdom of God includes an exchange process as we progress through our asking, seeking, and knocking (Matt. 7:7). The doors of your opportunity begin to open and close with the key of exchange!

This passage is the key to your personal journey through the *Pearl Within* Journal. The Kingdom of Heaven and the Keys that God gave you to loosen and bind the issues within the Kingdom, is very similar to the journey of finding the great pearl within you. In order to recognize and obtain the great pearl you must exchange the issues of life. Simply put, the

key(s) to the Kingdom of God that allow you to loosen and bind (Matthew 16: 19) is the very process of exchange.

This process is so simple that at first glance it may appear complicated. The great news is that throughout scripture and our everyday life the process of exchange is shown as the key to getting the very things that God intended for us. Below is a long list of exchanges that have taken place that have advanced the Kingdom.

- God so love the world that He **exchanged** His one and only begotten Son so that we might believe and be saved.
- Jesus was on the Cross and **exchanged** His blood and body for our eternal salvation. He set the example of exchange for us to follow. This is why he commands us to also **exchange** by 'taking up our cross, daily.'
- Adam and Eve **exchanged** a life of perfection for a sinful future by eating of the tree of knowledge of good and evil.
- Adam and Eve **exchanged** one more time by shedding the blood of an animal to cover up their new found sin.
- Noah **exchanged** the destruction of his family by having faith that rain would flood the earth even when there had never been any rain. He **exchanged** his role as a shepherd and shipbuilder for the title of a righteous preacher through his act of faith.
- Jacob **exchanged** His name for Israel upon confession of who he really was.
- Jonah **exchanged** his position in the belly of the whale when he committed to go to Nineveh.
- Joshua **exchanged** his lack of hope for victory when he listened to the voice of God to get up from prayer and move forward into action.
- Solomon **exchanged** his inexperience as a King, with the greatest wisdom in the world by acting and believing in His dream.
- Rahab, the prostitute, **exchanged** her faith for a place in the lineage of Jesus.
- The Apostle Paul **exchanged** his position as a martyr of Christians by asking God what He wanted from his life when he fell off his horse on the way to Damascus.
- Joseph and Mary **exchanged** their shame of having a child out of wedlock and became the parents of the greatest prophet and Messiah by believing what the angel of the Lord said to them.
- The Apostle John **exchanged** his fear of isolation and visions and wrote the greatest revelation of all time ... called the book of Revelation.
- Every sinner **exchanged** their life of sin by confessing that Jesus died on the cross for their sinful life in order to become a Christian.
- Many people in the New Testament **exchanged** their faith for a healing; as God said 'Your faith has made you whole'.

#### **Simple and Personal Life Examples**

- I **exchanged** my single life for a married life. The things I used to do with my single friends were exchanged for activities with my spouse and family.
- I **exchanged** marriage vows with my spouse making a commitment to be devoted to my spouse until death.
- I **exchanged** my feelings of a dysfunctional family by confessing that all families were born sinful, and therefore dysfunctional.
- I **exchanged** my college tuition for a college degree.
- I **exchanged** my college degree with a job in the computer industry.
- I **exchanged** my past failings with God's forgiveness by confessing the past failings. In **exchange**, God gave me a future direction.

- I **exchanged** my love for alcohol with a love for God's Word, once I realized I could ask for deliverance.
- I **exchanged** some of my retirement fund for a loan for my daughter's education.

As you can see by these examples, the process of exchange is what advanced the Kingdom of God and my personal life. Old Testament and New Testament people advanced the Kingdom and unlocked doors by exchanging what they had for something better. This is why Jesus stated that we could have the Keys to the Kingdom of Heaven to bind, and loosen things on earth. Even though this is a limited list of exchanges, any of us would be hard pressed to find examples where things are advanced or improved without a form of exchange.

Consider the mere fact that Jesus was used as the ransom and sacrifice for my sins. Even though He paid the price through the sacrifice, three forms of exchange had to take place for the ransom or sacrifice to have meaning.

1. God had to **exchange** with Humanity by giving His one and only Son in an earthly form.
2. Jesus had to **exchange** His position, come to earth, and die a sacrificial death.
3. Each sinner has to **exchange** by confessing that Jesus Christ died for their sins, before the ransom or sacrifice is applied to them personally.

Even though we claim that salvation is free, we need to admit that there was a price to be paid, and that I cannot claim my own salvation without exchanging with God my confession that I was born a sinner.

The simplicity of the process of exchange is best explained by understanding the simplicity of a relationship. In every living relationship, there is a process of exchange. There is no healthy relationship where there is no ongoing exchange. This includes relationships with God, spouses, children, friends, family, co-workers, but most of all with yourself. Note again that Jesus said that the Kingdom of Heaven is like a merchant of pearls who is willing to exchange for the great pearl they have found. Possibly Jesus used this parable to indicate that we must be like a merchant, knowing that a merchant is an 'exchanger' of goods. A merchant is also always asking, seeking, and knocking for greater goods to improve their position. If we are commanded to continue to ask, seek, and knock, we should conclude that we are always finding/learning of greater things that we can exchange with. In fact, we can take all the irritants of our life, and begin to exchange for greater things. This is possible when God's light shines truth and revelation on my irritants, transforming them into the greatest ***Pearl Within*** me.

This process of exchange will be the basis for every chapter within the Journal. In other words, the keys to your personal healing and the keys to the Kingdom of Heaven cannot be used without an exchange that will take place. Are you willing to **exchange** in an effort to see God's full light come into each area of your life to make your past, present and future the full rainbow of perfect light, color, and reflection that God intended it to be? Your ***Pearl Within*** is waiting for the full light of God to be reflected!









Rating	Definition of Rating
1	I have complete clutter in this room of my life ... I feel hopelessly lost. I don't even know where to begin to start cleaning.
2	I have been so frustrated over this room in my life as I have taken action to clean it up, but it keeps getting cluttered again. I have lost hope at even trying to clean it again.
3	I realize the clutter in this room of my life, but have started taking small steps to clean it up.
4	I have seen significant improvement over the last few years, but need to watch what clutter I let come back in. I feel like I am always on guard in this room.
5	I sense that I have matured and cleaned many aspects of this room. I am trending upwards to having a pure and clean room in this area.
6	I have finally kicked the clutter out of this room of my life. I am off to a different room.
7	I am going on 2+ years of a completely un-cluttered room in this area.
8	I have never had issues in this room of my life and it has always remained clean.
9	God sees this as one of the areas that I have surrendered to Him. He is pleased, and I am at peace with this room in my life.
10.	This room in my life was once messy, God cleansed/healed it, and now I enjoy helping other people see the clutter in this room of their life.

**Exchange Rating Table 1.2**

Congratulations on finishing your first exercise. This was your first taste at the possibility of exchanging some of your thoughts, confessions, prayers, and inner feelings. God is pleased whenever we make a choice to voluntarily exchange with Him. In fact, the most basic definition of an Altar is "A place where we meet with God to exchange our earthly possessions with heavenly possessions." When you put this in simple terms, you start understanding and wondering why more people do not set-up a place of exchange more frequently, and more often. The altar has less to do with a physical place than it does a mental place where we openly make a decision to exchange our hurts, pains, sorrows, beliefs, inadequacies with heavenly replacements. As I stated, this was your first taste at the possibility of exchange; developing a list of what I may desire to exchange. At this point you may not be ready to know how to exchange in a simple and healthy manner, but as you progress through the *Pearl Within* journal you will become comfortable with the simple process of exchanging/redeeming your human limitations and clutter for heavenly replacements. This simple exchange is the manner in which we get to go from Glory to Glory as described in II Cor. 3:18. God has always desired that we simplify our communications with Him, which brings us to the next action and exchange exercise; how do you view God?

### **Exercise 1.3**

Most people grow up with an image and perception of God that is specific to the combination of their parental and church teachings, their personal experiences, and their feelings. It is important to identify how you view God in order to receive the full light of who He is. Just as your image and perception of your kids, spouse, boss, or family members effects how you relate with them; so does your image of God. If I want to have a personal relationship with a living person, or a living God, I need to evaluate how I perceive them. Exercise Table 1.3 allows you to check off all the views or images of God that you presently have. As you complete this exercise, remember that there is no right or wrong answers, just

a simple visual reaction of how you view your God. Considering the fact that God is light, and if that light is properly perceived and reflected on your life, you may eventually identify the **Pearl Within** you. However, if your view of God is tainted or tinted away from His true light, your true value may be hiding behind the tint. You will be asked a few times during the **Pearl Within** Journal to come back to this table to see if your reflection is changing. In the table below, we have included a check mark at the starting point (now) and one when you finish the Journal.

Check Mark at Starting Point	<b>Reader's Check List of God's Attributes</b>	Check Mark at Starting Point
	1. Majestic	
	2. Forgiving	
	3. Loving	
	4. Merciful	
	5. Just and Fair in His Judgments	
	6. Caring	
	7. Creative	
	8. Humorous	
	9. Light	
	10. Approachable	
	11. Provider of our needs	
	12. Ever present and available for individuals	
	13. My personal Healer	
	14. Worker of Miracles	
	15. Has angels assist Him to carry out his work	
	16. Gave His Son Jesus as a means to allow me to approach Him	
	17. Father to the Fatherless	
	18. Truthful	
	19. He is my closest friend	
	20. Desires to communicate and exchange with me on a daily basis	
	21. Sees humanity as the apple of his eye	
	22. Too good to send people to hell	
	23. Judgmental	
	24. Demanding	
	25. Mean	
	26. Unapproachable	
	27. Cruel	
	28. Unfair	
	29. Hurtful	
	30. Distant from humans or myself	
	31. Provides no means for me to interact with Him	
	32. Is always angry at humanity	
	33. Just waiting to prove everyone is a sinner to send them to hell	
	34. Loves wealthy or good people but not me	



**Song by Third Day**

We encourage you to purchase this song once you have listened to the lyrics at:  
<http://www.youtube.com/watch?v=iae86AVBdK4>

**Sing a song**

I want to sing a song for You, Lord  
Lord, for You I want to sing a song  
And I want to lift my voice to Heaven  
And listen to the angels sing along  
A song of Your faithfulness  
A song of Your grace  
And of Your loving kindness  
To the glory of Your name

With everything that's in me, Lord  
Listen to me say  
I want to sing a song for You  
I want to sing a song

And I want to live my life for You, Lord  
Lord, for You I want to live my life  
And I want to praise the name of Jesus  
And Pray above all things You're glorified

A song of Your faithfulness  
A song of Your grace  
And of Your loving kindness  
To the glory of Your name

With everything that's in me, Lord  
Listen to me say  
I want to sing a song for You  
I want to sing a song

I sing about Your mercy  
I sing about Your love  
Your goodness, Lord  
Your righteousness

I want to sing a song of Your faithfulness  
A song of Your grace  
And of Your loving kindness  
To the glory of Your name

With everything that's in me, Lord  
Listen to me say  
I want to sing a song for You  
I want to sing a song

Song of Your faithfulness, Lord  
And of Your loving kindness

Personal Pearls of  
Wisdom

Lined writing area for personal reflections.



## Journey 2 – Facing your Past, Present, and Future

Arise, shine, for your light has come, and the glory of the LORD rises (shines) upon you. ~ Isaiah 60: 1

*"You will never meet your fullest future until God's light transcends your past, present and future to reconnect you to who He always created you to be." ~ Michael L. Mathews*

The image below is a picture of a photo of what meteorologist's call a Cloud Halo. The definition of a Halo in the sky is "The ring of light that seems to encircle the sun or moon when veiled by cirrus clouds." This phenomena is created when the cirrus clouds are in a heterogeneous arrangement to reflect and refract the sunlight through the ice crystals in the clouds. The ice crystals in the cirrus clouds serve as prisms of lights that both reflect and refract light.



Below is another example of a Halo that represents a complete circle of brilliance by the ice crystal prisms within a cirrus cloud. The prisms or ice crystals are so connected to each other that it results in a form that represents completeness.







Attributes of Love	Attributes of Light
Love is more of a feeling than a fact	Light is more fact than a feeling
Love can be fleeting at times	Light is always constant
Love can cause us to be blind at times.	Light always exposes blindness/darkness
When love is pure and true it feels awesome	Light is always pure and true
When love is abused, it hurts or destroys a person, feelings and relationship.	You can never abuse light; it always exposes truth, and separates light from darkness.
When love is right; my life improves and goes forward	Light always improves things and moves things forward
When love is wrong, my life moves backwards.	Light cannot be wrong, and when used it always moves my life forward.
Hatred, bitterness, and envy can squash or minimize human love.	Darkness cannot squash light. There is no conqueror of light.
Variable – Can be fast, stagnant, slow, or regressive.	Constant – Always Fast (Travels at 186,000 miles/second)
God did <b>not</b> say 'Let us create love'	God did say "let us create light"
God did <b>not</b> say let your love shine before men, so they may see your good works and glorify your father in heaven.	God did say 'let your light shine before men, so they see your good works and glorify your father in heaven.'
Love let's me like, judge, or dislike someone else.	Light lets me see things for what they really are, as it exposes things.
God did <b>not</b> say that 'The love of the body is the eye; and if your eye be full of love, your whole body will be full of love.'	God did say that 'The light of the body is the eye; and if your eye be full of light, your whole body will be full of love.' (Matt 6:22)
Satan does not need to disguise himself as an angel of Love, because it would cast out fear. "Perfect love casts out all fear." (1 John 4:18)	Satan tries to disguise himself as an angel of Light. Because this is the perfect impersonation of God. Satan tries to reflect himself in our lives. (II Cor. 11:14)
Also, it could be because humans destroy love all by themselves; no help is necessary.	
Medical research did <b>not</b> discover 'love deprivation disorder.'	Medical research did discover light deprivation disorder as part of seasonal affective disorder (SAD).

**Table 2.1** – The contrast between love and light

By examining table 2.1 a person can rationalize, that light is the one constant force that comes from God. His Love is also perfect, but humans have a tendency to modify and easily distort God's love. The great news is that there is no way humans can distort God's light. Humans can only ignore light. In the 23<sup>rd</sup> Psalm, King David describes the feeling of walking through the valley of the shadow of death, yet fears no evil. He fears no evil because he openly admits that a light is shining in his circumstance (Psalms 23). He admits by stating that there is a shadow, and wherever there is a shadow means that there is also a light shining into the darkness. Without light, there can be no shadow.

Imagine the power that is unleashed when I recognize that God is not just love, but *Light!* This revelation of *Light* combined with love was given that we could begin to see things that we never saw before. That light might begin to reflect and refract on the issues of my life, and allow me to finally see the pearl or pearls within me; that were only viewed as irritants to me before.

Let me give you one of my personal examples.

One day this concept of light versus love dawned on me; and I started to search for more meaning in my marriage, my life, and my walk with God. This search allowed me to put the love for Mike in a better perspective. My fear and worry about the limitations of how much we loved each other began to vanish. When I decided to see God's light, and the light within Mike, I could see who both God and Mike truly were. The elusive nature of feelings and emotions no longer mattered; whereas they controlled me in the past. The new reflection of light caused my life, marriage and relationship with God to skyrocket to a new level, and continues to grow. Looking back what I was really saying was; I chose to no longer worry over the elusiveness of love, but have a flashlight shined into my life and my Mike's life. That light of God shines and reveals the reflection of myself in Mike, and his reflection into me. We were instantly more compatible, respectful, and true to each other; a feeling we never had when we were fretting if we loved each other. I believe I choose at that moment in my life to let God's light shine, and Mike's light shine to the point I found a new respect, new admiration, and new future for my marriage, my relationship, and myself with God. Through this experience or exchange, I found that I operated less from emotion and more from facts that light revealed. This should not have surprised me because light exposes facts, while human love expresses emotion.

Human love had a very strange way of having me always doubt, fear, worry, and at times think evil, condemning, and spiteful thoughts. My experience was a revelation that is explained in Matthew 6:22-23. The light of the body is the eye and if my eye be single/clear my whole body will be full of life; but if my eye is evil, my whole body is full of darkness, and oh how great is that darkness. This light that began to shine in me began a work on my mind, rather than just my heart. My new found light was amazing as things changed and opened up to me like never before. Have you ever noticed that when you buy a different make, model, and color of automobile, that suddenly you start noticing how many more people drive the exact same make and model that you are driving? It now seems as if everyone suddenly has one just like yours. My experience of light is much the same way. Once I accepted and allowed God to shine His light upon my life and circumstances, I started to notice things being exposed by His light, which were normally hidden from my view. In addition, my understanding and desire for change sped up. Light fulfilled its purpose in me; it exposed darkness and sped things up.

Let's try a quick exercise that may help personalize what is being communicated about the contrast between love and light. Take a few minutes and fill in the 'yes' or 'no' questions in Exercise 2.2

Have you ever been hurt by light? (do not include the last sunburn you had)		
Have you ever been hurt by love?		
Has new light or information in a dark situation ever revealed something that had previously been hidden from your view?		
Has new love ever revealed something that had not been hidden from your view?		
Has someone ever hurt you with light?		
Has someone ever hurt you with passion or love?		
Have you ever felt emotionally bankrupt over light?		
Have you ever felt emotionally bankrupt over love?		
Has light ever blinded you to truth, common sense, or logic?		

Has love ever blinded you to truth, common sense, or logic?		
Has light ever held you back in life?		
Has a love relationship ever held you back in life?		

**Exercise 2.2 - Personal Love versus Light Contrast Exercise**

Now, let's take a very personal Biblical example that connects the concept that light from God is far superior than the feelings of love. Light has the potential to change circumstances that love by itself cannot. Love from God is phenomenal in many ways;

**Biblical Example: (Acts 9)**

The religious leader (Saul), later named Paul was a religious leader who initially missed the fact that Jesus Christ was the Messiah; the light that was changing the world. This lack of seeing the light, created great confusion for him, and as a religious leader he made a drastic mistake and concurred with his religious peers that Christians must be killed. They were convinced that Christianity was a cult that was working against the organization of religion. Saul/Paul was a zealous religious person who had hated the truth of Jesus Christ. One day on the way to Damascus, an amazing light flashed around Saul. The light was so powerful that it knocked him off his horse. Immediately, Saul knew that it was the Lord who was examining his life at that very moment. Saul knew it was the Lord by the mere confession of saying, "who are you Lord?" Through all his years of religious training, Saul never experienced nor understood that the Lord was such a bright light like this. The light blinded Saul and he could not see for a few days. However, God got his attention by replying, "This is Jesus, the one you persecute. Now get up and go into the city and you will be told what to do next."

To make a long story short, Saul became the Apostle Paul, and went on in many ways to lead the New Testament church, and write many of the New Testament Bible books. In other words, during one **flash of light** of completeness, Saul/Paul's entire past, present, and future was healed and revealed. God's light of completeness healed one of the vilest religious leaders. Let's review the table below to capture the events that happened in his experience to help you relate to your own moment of light that may be on its way.

Fact about Saul/Paul	What God and Light Did in Saul/Paul's Circumstance	Scripture Reference
Paul was a zealous religious murderer of Christians	Instantaneously made him a completely new person, past, present, and future.	Acts 7:58; Acts 9:1; Acts 9:13
Paul states that the light that knocked him off his horse was 'around' him, and in one passage states, it was a 'complete' light.	Light formed a completeness around Saul. He was being healed from his past, present, and future. He was made a completely new man. The light reflected and refracted off his past, present, and future. Possibly much like the crystals in the Halo effect.	Acts 9:3; Acts 22:6; Acts 26:13
God cleansed his past for a greater purpose in his future.	When Christians first heard that Saul the murdered was now cleansed, they argued with God. God told them 'He is now a chosen vessel unto God.	Acts 9:15; Acts 9:21

<p>God revealed the true pearl within Saul via the light that flashed around Paul.</p>	<p>God's light in this process is one of the greatest human examples. It shows that God can even take his own irritants (a murderer of Christians) and find the pearl within them. This shows all of us greater hope!</p>	<p>Acts 9: 15</p>
<p>Light came before love; but once light came, the pure love could come.</p> <p>Light did exactly what its two attributes do best, sped up the process and illuminated things.</p>	<p>Notice that light shined into Saul's darkness before love did. Imagine if the local church group said we need to invite Saul to church and love him before we can introduce him to Jesus. Jesus' light shined down, gave full exposure, and sped up his transformation. Remember the defining attributes of light; 1) speed and 2) illumination.</p>	<p>Acts 7:58; Acts 9: 1; Acts 9:13</p>

**Table 2.3** – Defining Attributes of Saul/Paul's Encounter with Light

**Personal Pearls of Wisdom**

List any areas of your life that you wish a similar light would "Zap." Don't forget to list the Pearls you have found within. Also, please visit the Pearl Within Blog at <http://www.focusonheaven.com/pearlwithin.html> to share your thoughts, questions and breakthroughs.

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We are getting into the heart of this chapter; the transforming power of God's light. In the Apostle Paul's story of forgiveness, we find in (Acts 9:9-15) that a fellow Christian called Ananias was hurt by Paul's acts of murder. Ananias was not ready to forgive Paul's sinful acts of murder, and follow God's request to pray for Paul to be a blessing to the world. Nonetheless, the Lord's light also showed Ananias that even though he was offended, and hurt by murder, he could forgive Paul and endorse His new future. Once again, there are not many greater acts of forgiveness than forgiving someone who murdered your friends and/or family members. Yet, God's light is able to transcend the issues, circumstances, time, and our individual purposes to give each and every human being hope. This means that God is willing to forgive perpetrators who went as far as torture or murder; and He gives the ability for the people who were violated against in such cases to forgive the perpetrators. A person no longer has to be bitter over past violations. This is amazing, as bitterness is like drinking your own poison and expecting the other person to die. This portion of the journal may be extremely difficult for some people, so please do not rush through this next exercise. Rather consider the following three items as examples to follow.

1. In Exercise 2.4 above, it was probably easier to ask and believe God to forgive your own past issues, than it is to ask God to forgive someone who may have violated you. Let me challenge you to consider the fact that the reason it is so hard is because you are trying to forgive them in your own human love; versus letting God forgive them in His transforming light. When God forgives them, and you like Ananias believe it, then you could possibly see God's reflection in the person who God forgave. Ananias had to go and pray for Paul and look at his new found light that was being reflected in Paul. If we let God forgive them through His light, then your human love and forgiveness can follow. Also, if you follow scripture, which says; *'Do unto others as you would have them do unto you;'* then you should believe God for their forgiveness in exercise 2.2, with the same belief you had for God to shed light and forgiveness on your issues.
2. As followers of Christ, we must attempt to follow His actions. Jesus was violated in the most severe and traumatic manner before He was killed. Yet, after the violations of His name, identity, physical being, his position, his flesh, His blood, His pride, He still prayed for his violators and killers to be forgiven. Christ experienced violations until death to help fulfill the passage; that states that Jesus felt our infirmities and was tempted in every way that we have been, yet without sin. (Heb. 4:15; Mat. 8:17) Jesus went the fullest distance of violations to relate to our violations.
3. The missing piece of information that we will not know until we get to heaven is the depths of pain and experiences that Christ went through between His death and resurrection. We do not know exactly what exactly happened during that 3-day period that Jesus went to the heart of the earth (Matthew 12:40) to set captives free. However, what we do know is that Jesus experienced all levels of our infirmities and overcame all dominions, powers, authorities, and conquered even deaths very sting. He traveled the distance for you and me, so we can truly claim that by His stripes we are healed!

*"But he was pierced for our transgressions, he was crushed for our iniquities; the punishment that brought us peace was upon him, and by his wounds we are healed." Isaiah 53:5*

The Biblical reality is that Jesus went the full distance of being '**violated**' to give us confidence that no matter how we were violated; we like Christ can ask for their forgiveness. This in no way in-validates what people experienced or went through. There will always be people that experienced unbelievable and/or traumatic setbacks that are





one side and comes out the other dimensions in a potentially new form of light ray(s). This concept of reflection and refraction is what is happening when we open up our past, present, and future, as a three-dimensional view for God's light to pass through. His light can pass through my present circumstances, and if I let His light shine on my past, it will illuminate my past as well as my future on the other side; making my own personal completeness. However, if I choose to shut down areas of my past, the light of God cannot come through and expose, illuminate, heal, and bring it cleanly into my future. I remain incomplete.

Many people may ask; how does this reflection and refraction take place to heal my past and my future? Step back and think about the many dreams you have. If you are mindful over your dreams, you will notice that you have dreams that include past childhood memories, past memories in general, present circumstances, and future events that you have not yet lived. All these dreams (most allowed by God) is a manner in which God can show us the past, present, and future in an effort to allow us to reflect on the past, and refract into the future. In fact, the refraction is why many futuristic dreams may seem so strange. It appears distorted. God allows and gives dreams to help people get into the right future. *And God Chose Dreams* by Michael L. Mathews is an excellent resource to see all the Biblical examples of dreams that helped people get where they were supposed to be; and in many cases, the fulfillment of the dream healed their past. Take a few minutes and complete Exercise 2.6 pertaining to your dreams

Question	Yes	No
1. Have you had dreams about your past circumstances?		
2. Have you had dreams about your present circumstances?		
3. Have you had dreams about your future?		
4. Have you developed a method to process your dreams to allow them to help you with your past, present, future?		
List any dreams that have been life changing for you:		
1.		
2.		
3.		
4.		
List any dream that you have had numerous times, yet cannot understand		
1.		
2.		
3.		
For more information on Dreams visit <a href="http://www.focusonheaven.com">http://www.focusonheaven.com</a>		

**Exercise 2.6 – Dreams Exercise**

Please take a few minutes, reflect on what is being conveyed, and answer the questions in Exercise 2.7

Thoughts Going through Your Mind -Exercise	Check Box
1. This all makes perfect sense and I am excited for my healing!	
2. This all makes perfect sense but seems too easy to be true!	
3. I will need to process this, as I too have been over inflated with love, and never thought about light.	
4. I am completely perplexed by what is being presented!	
5. I cannot wait to share this with others!	

## Exercise 2.7 – Personal Viewpoint

Considering that this concept is so simple, yet so revealing, we will continue as we have with a few more Biblical examples. The Biblical examples will help you take special notice of God's light as well as his transcending power from the past into the future.

### **Biblical example 1: (Acts 7:54 -59)**

In Acts 7, Stephen was being stoned and killed by the religious leaders, including Saul. Stephen takes his beating and stoning by the violators with great grace because he did something many of us refuse or don't know how to do. He allowed his reflection and refraction to shine in the midst of the circumstance. Listen to the words that are spoken in this passage.

*"But Stephen, full of the Holy Spirit, looked up to heaven and saw the glory of God, and Jesus standing at the right hand of God. " Look," he said, "I see heaven open and the Son of Man standing at the right hand of God." While they were stoning him, Stephen prayed, "Lord Jesus, receive my spirit." Then he fell on his knees and cried out, "Lord, do not hold this sin against them." When he had said this, he fell asleep. (Acts 7:55, 56, 59, 60)*

These words are powerful because Stephen allowed himself to look toward heaven and reflect, as well as refract back and forth with Heaven. Before they stoned Stephen, he was able to see into heaven and view the glory of God, which also reflected back toward him, giving him the strength for the moment, as well as forgive them in advance of what they were doing to him. Imagine this kind of power that allows you to see into a circumstance, view heavenly details, and reach into the future and forgive someone who is stoning you to death. Most of us cannot forgive people until after the violation has been completed against us. Stephen did it before they completed violating him. He did it right in the midst of the circumstance. This is not love; this is the power of light! There was no love-fest going on in this circumstance; it was a light-fest, where the power, glory and light of God opened up to Stephen. In a split second he was able to reflect on his recent sermon he delivered (Acts 7:2-54), and refracted into his future to see his position with Christ in heaven; giving him the ability to say 'forgive' the sin.

Can you be like Stephen and forgive your violators?

### **Personal Pearls of Wisdom**

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## Biblical Example 2

Before we get into the exact Biblical example, let me give you some background on a word that is not used very often. The word is called *quicken*, and it is used to illustrate the concept of speeding up something, making someone more alert or aware about something, and/or bringing something to life. Scripture uses this word in Romans 8:11 (KJV) to demonstrate an experience we all can have when we let the same Spirit that raised Christ from the dead dwell in us. This is why it is not strange that Stephen and millions of other martyrs can joyfully be killed. They are experiencing a 'quicken' or 'coming alive' feeling that comes from the same Spirit that raised Christ from the dead. What an awesome thought to know that not only was Jesus raised, resurrected, and made alive, but we may also get to experience this at times. "And if the Spirit of him who raised Jesus from the dead is living in you, he who raised Christ from the dead will also give life to your mortal bodies through his Spirit, who lives in you." Romans 8:11.

This passage verifies that Jesus was raised from the dead by the Spirit of God. It is worthy to note that this Spirit that can quicken us, also quickened or rose Christ from the dead. Just prior to being raised from the dead Jesus echoed the words '*It is finished!*' Many people over simplify this and say it was in reference to His death, but the reality is that he was just made alive again. What He was more than likely echoing are the very things that he saw just prior to the Spirit raising him from the dead. The things he saw were probably the kind of things that Stephen witnessed just prior to His death, and then some! What Christ saw was so powerful, wonderful, and majestic that darkness invaded the land for three hours, an

### *Challenge Question: Have you Ever Been Quicken?*

Have you ever had a stressful or dramatic experience in life where things seem to move in slow motion, and you could see everything around you as if they were in fine detail? Quite a few people experienced stressful situations where things seem to speed up and slow down all at the same time. The slow down looks like it is happening because suddenly they are seeing very vivid detail around them, yet things are moving rapidly because of the circumstances. For instance most police officers in high speed chases recall the vivid details that most people never pay attention to, yet the events of the chase and what happened after the chase went so quick that it seemed over before it began. For those people who have had this type of experience it is a very surreal moment and strange experience. During these moments what transpires is that you are being '*quicken*' or made alive in a difference sense to the things around you, that normally go completely un-noticed. It is very possible when Stephen was being stoned that he was quickened in his spirit so that he could see heaven, and Christ sitting on His right side, while he was still on earth. Scripture says 'If that same Spirit that raised Christ from the dead dwell in you; it will quicken your mortal body. (Romans 8:11 KJV).

earthquake split the temple in two, and many dead saints arose from their graves (Matthew 27:52:53). Not only did the Spirit raise Christ from the dead, but the Spirit also rose many who had been dead. At that moment, they got out of their graves, and walked into Jerusalem. Yes, this fact is often overlooked, but it is right in scripture. The Spirit of the Living God was quickening this special moment in time to allow the real story (His-Story) to be visualized by His own Son. More than likely what Jesus saw in a split 'quicken' moment was the experience of things becoming fast motion and slow motion at the same

time. He probably saw in a split split-second the entire past, present, and future flash with a bright light that allowed him to endure the pain He was going through. Within in a split-second he saw the reconnection of humanity all the way from the history of humanity, through present day humanity, and out into the future of humanity all being saved by His personal sacrifice. When He saw this, He was able to say... it is finished!! God and Christ who are Light, traveled in that moment throughout history and into the future to save each and every soul ever born and that will ever be born. It was the greatest quickening experience known to humanity.

That same Spirit that raised Christ from the dead desires to quicken your entire life, which includes your past, present, and future; but will you let Him? Jesus had to first become obedient unto death before He saw His quickening moment. You too, must become obedient onto the death of your own sins, and people who have sinned against you, in order to reconnect you past, present, and future. This will be your own 'quickenning' moment.

As you recall, we started this Journey with the photos of the Halo Affect where light is able to shine in a complete circle around all aspects of the ice crystals in a cloud. Are you ready to let God's light shine into all past, present, and future aspects of your life, to make you who you were always created to be? You cannot forget your past if you want to get to your future. You need to heal and reconnect your past into your future. In this manner, God receives all the Glory.

Spend the next few days reviewing this chapter and taking notes on your own completeness. Seek after God's answers and light to begin to let God know that you are ever thankful for His provision to deal with your past, present and future. Do some examination on the happiest people you know. Usually the people who are the happiest are not those who had no serious mistakes, or serious violations committed against them. In fact you will most often find just the opposite is true. The happiest people are those who have traveled through the mountains and valleys of life and learned how to thank God for bringing them through the circumstance, as well as forgive themselves and others. For this reason, the next Journey is on Thankfulness.

*"People must die before they are fully born to live to their fullest potential. Death of self allows one to see the truth that God knew them from their birth unto their death -- all at the same time. This reflection of self in God's light, heals the whole person and launches them into their future." ~Michael L. Mathews*



## Journey 3 - Thankfulness

*In everything give thanks, for this is the will of God in Christ Jesus concerning you. ~ 1 Thessalonians 5: 18*

*“If anyone would tell you the shortest, surest way to happiness and all perfection, he must tell you to make it a rule to yourself to thank and praise God for everything that happens to you. For it is certain that whatever seeming calamity happens to you, if you thank and praise God for it, you turn it into a blessing.” ~William Ward*

**D**uring the past year, God has allowed me to take thankfulness to a higher and more complete level. This transition has truly allowed me to see my *Pearl Within*. As you recall, we mentioned that a Pearl begins by being a simple single irritant within an Oyster. The irritant begins the process of many layers of ‘cover-up’ to try and rid and protect itself from the irritant. In my life, I had built up hundreds of irritants that I decided to forget about, ignore, or in a few cases become bitter over.

Once my view of thankfulness changed, I saw the irritants of my life as things to be thankful for; because they were the very things that made me who I am today. Without these irritants, I would have been a very limited human being with lesser value. However, the great secret for me was to clean out this lack of thankfulness in my mind and my heart. I was not able to see my full value until I understood the complete healing power of thankfulness for ‘all’ things. My room of thankfulness was swept, cleaned, and given a complete makeover.

Let me try to explain ... like many people, I had always viewed myself as a thankful type of person. I viewed myself this way because I was thankful for the good things that I could embrace in my immediate past, present and future. My view of my past, present and future were generally within a 6-12 month window of time. For instance, I was thankful for my children’s grades, my husband’s promotion, that we paid our bills last month, that my family was healthy, that we found a good church, that we found a new house, that we were going on a family vacation, that we had a good pastor, that we saw God heal our daughter’s sickness, that our mini-van was repaired, that my parents were healthy, etc. You get the idea! I was very thankful for so many things that were current or immediate in 6-12 month cycles of time. So, during most of my life, if people were to ask me if I were thankful, I would say, absolutely! This thankful life-style allowed me to progress through life in 6-12 month time frames in order to feel somewhat happy and content. This same process is possibly why the ‘Dreaded Christmas Letter was invented.’ It is a great means to reflect on your thankfulness over the last 12 months, while giving everyone an update on your family, and Christmas card all at the same time. (Long live the dreaded Christmas letter!)

What changed my whole view of ‘complete’ thankfulness this past year was a new understanding of being thankful over a longer view of my life, as well as some of the perceived negative circumstances of my life. This recently found understanding was as if God’s light and love shined a huge spotlight over specific negative circumstances of my past, and healed them instantaneously. My life suddenly reflected something of greater value even though nothing changed, except my confession of thanksgiving over those secret, hidden, or forgotten circumstances I never thought possible to thank God for. I am still amazed at what God’s light and love illuminated in me. The thought of giving thanks for



people were giving God praise for the irritants of their life, even if they were negative experiences. What I witnessed was a supernatural healing of the things that people were covering up, hiding, or could not get permanent healing from. For the next year, Mike preached and shared in numerous settings and allowed a new form of worship to take place by giving full thanks to God. I was part of this process in numerous settings. Over and over I witnessed people beginning the process of thanking God for things that they never knew they should or could be thankful for. Time and again, most people stated that they felt a healing or release from the very thing that hindered their life. These hundreds of people along with myself, experienced a supernatural **exchange** with God that set them free from years of hidden and shameful experiences. Metaphorically speaking, I witnessed people spitting into the face of their own shame, satan's accusations, and releasing issues that were irritants in their life for years. The positive confession of thanksgiving was an open exchange with God; whose light, love, and spirit are so powerful that when the areas of hurt were exposed by confession of thanks, they were instantaneously healed. It was like a radiation treatment hitting a spot of cancer, and watching it vanish. **Pearls Within** were being discovered!

The exchange process in this 'thanksgiving type of worship,' is a positive spiritual confession that allows God to heal a persons past and makes them more complete. This is truly an exercise of healing, and exchange where God shows his pure and complete redemptive nature for the following three scenario's of past shamefulness:

- 1) For people who have been violated by abusers, offenders, and criminal minds, God is able to fulfill His scripture that states that He will turn evil into good. This allows them to wipe away the bitterness, shame, guilt and ugliness that comes from being violated by someone else. Upon open thanksgiving, God exchanges complete healing. It is simply a process of exchange that allows your words of confession and thanksgiving to exchange with His light to allow your **Pearl Within** to be seen and harvested!
- 2) For people who have personally made a mistake in their past by putting themselves in harm's way, or committed a crime or trespass against God or themselves, God's light and love can allow them to be forgiven, redeemed and healed from the mistake that brings guilt and shame. Once again, upon the simple confession of thanksgiving, you exchange your past and make the irritant of shame or guilt becomes your personal **Pearl Within**.
- 3) For people who feel that they were just unfortunate, born into the wrong family, or a bad circumstance just happened to them; God is able to take that irritant and allow you to be a 'healer' to yourself and others with similar circumstances. He can do this by shining His light upon the confession of thanksgiving. Your exchange allows the irritants of unfortunate circumstances to be your personal **Pearl Within**.



that His Light can zap your past issues and He can redeem/exchange the issues. Your task is to consider your willingness to let faith move you towards God's greatness, or will you let fear continue to hide your past shame, failings, and/or violations by others.

I was amazed to learn that the great Football Player Reggie White had a dream the week before he died on December 26, 2004. In his dream, he stated to his Wife Sarah that he saw two Hebrew words and understood them to be a great treasure. Upon prayer, meditation, and researching the two Hebrew words he found that the treasure was the combination of the two words meaning; "Jehovah Redeems." Reggie found a treasure within himself before he died, and he shared it with others. This treasure is no different than the **Pearl within** you. Jehovah (God) redeems or exchanges with anyone and everyone who will reason out their options with Him. Upon giving God thanks, He is quick to redeem or exchange your issues to make you see your complete image inside of you.

I realized that this concept of being thankful for everything is a stretch for many people. I know that it took me months to grab hold of this concept in its fullest sense. I started stumbling for words, wrestling with whose fault it was, wondering if I could forgive those who wronged me. However, I was amazed that upon opening my mouth, a sense of instant healing and cleansing came. I believe it was an act of faith to move my lips, and upon spilling out the words of confusion God became my judge. The righteous judge working on my behalf did what He does best – redeemed and exchanged the confession. I think this is the very act that God mentions in Ecclesiastes 12: 14 *"For God will evaluate every deed, including every secret thing, whether good or evil."* You see God will eventually evaluate or judge everything in secret or in open to determine whether it was good or evil. My confession gives me credit to let him evaluate or judge this in my present life. I do not want it hidden, as I desire full redemption for my sin and other people who sinned against me. Even if I sinned and caused problems, God encourages me to be willing to discuss this with him and be forgiven of everything.

However, if I choose not to openly discuss, I may find that the things I hide will devour me like a sword. This is the context of Isaiah 1:17-19. I am so glad God gave options for every scenario of life; whether I am guilty or someone else is guilty. This is the very reason Jesus was able to ask God to forgive those who violated Him in every way. They violated his position, His status, His knowledge, His Name, his body, and drained His blood. I have not known this type of violation in my past. However, it gives me a reference point as to how far I could go and still give God thanks and have enough faith to ask Him to forgive the vilest of offenders and offenses against me.

*Come, let's consider your options," says the LORD. "Though your sins have stained you like the color red, you can become white like snow; though they are as easy to see as the color scarlet, you can become white like wool. If you have a willing attitude and obey, then you will again eat the good crops of the land. But if you refuse and rebel, you will be devoured by the sword." Know for certain that the LORD has spoken.*  
*Isaiah 1:17-19*

Now that you have read my story of finding the Pearl Within me through complete thanksgiving let us do a few exercises in our **Pearl Within** Journal. Some of these exercises may need to be revisited, as your ability for being free of your past and truly thanking God for all things may not occur until a few more Journeys in the Journal are complete.

### **Exercise 3.1**

As you have read my story of raising my thanksgiving to a new level, I am sure that you have been processing your own thoughts as to the possibility for you to be thankful for past

experiences. Please rate your comfort level with thanking God for your past circumstances in Table 3.1. Please select one of the rating descriptions below. I have included two different times for you to rate your comfort level.

My Ability to Thank God for Past Circumstance	Description	Rating Now	Rating when Journal is complete
Easy	I have always thanked God for my past circumstance. It comes natural		
Somewhat Difficult	I am in the process of thanking God for past circumstances, but it is slow going.		
Somewhat Difficult	I have thanked God for some circumstances, but find it difficult for other circumstances.		
Very Difficult	I am not sure that I want to thank God for past circumstances. Don't know why, but it doesn't feel natural.		
Extremely Difficult	I will try, but doubt that I can thank God for some of my past issues.		
Impossible	I refuse to thank God for my past circumstances, as they are too painful.		

**Table 3.1 – Ability to Thank God**

**Exercise 3.2**

Please do not give up on processing the thanksgiving aspect. If you have a few circumstances that are too overwhelming to deal with right now, we can park those for the time being. I understand the difficulty to embrace being thankful over very stressful, traumatic, and painful experience. In some cases, before you can thank God, you have to forgive yourself or the person who violated you. Because this is so critical, I have created a *parking space* for these types of circumstances. This parking space will allow you to 'Park' any extremely painful or un-forgiven circumstances for the time being. Parking these will also allow you to move forward with thanksgiving in most other areas.

No.	Items too Difficult to Thank God about at the Present Time
1.	
2.	
3.	

**Table 3.2 – Parking Space for Circumstances that are too Difficult**

**Exercise 3.3**

Table 3.3 is a checklist that may be helpful to identify levels of thanksgiving. The column on the left includes samples of standard items that are easy to be thankful for. The column on the right are samples of items that are much more difficult to be immediately thankful over.

<b>Standard Easy Circumstances</b>	<b>More Difficult Circumstances</b>
Good health	A bad health experience
An afflicted person who gets healed	An afflicted person who dies
A stable job or career	A recent job or career change that seemed unpleasant.
A mortgage free house	Loss of house through foreclosure, tornado, hurricane, etc.
Children's health and success	Children who are challenging
The perfect and loving family that prays together, stays together, etc (you know the cliché')	Dysfunctional family (alcoholic parent(s), addictive and abusive behavior patterns, financial distress, etc.)
Wealth or financial freedom	Financially dependent on others
Parents who are still married	Divorced parents, parents in prison, adopted, or removed from home by the State.
Good church	Shunned by church or don't fit in
Natural ability or talented in a specific area	Everything comes hard and unnatural – Must work extra hard for everything you get.
Complete family is saved and in perfect health	Son or daughter was murdered, died in a war, died at birth, car accident, drug overdose, child raped or kidnapped, etc.
Periods of time where everything turns to gold	Periods of time where everything turns to rust or bust.
Supportive spouse	Abusive spouse
A great marriage that thrives	A marriage always threatened by divorce
Married	Divorced
Faithful spouse	Affair committed by a spouse
Lot's of friends	Loss of close friends
Sexually unscathed and pure	Sexually immoral or raped
Desirable in church because of knowledge or talent	Undesirable in church
Successful project(s) at work	Failed project(s) at work
Great boss	Demanding and difficult boss
Blank Spaces Are for Your Personal Examples	

**Table 3.3**

If you are able to thank God for all the events or circumstances in the left column, you are like most people who find it easy to thank God when things are going well. However, a truly thankful person is able to look at even unfortunate circumstances and reason with God on why they happened. Through the reasoning process, they learn that God ultimately is pleased when we thank him for going through afflictions, so that we are better people. Notice I did not say thank him for the afflictions, but thank Him for making it through the

afflictions to be a better person. God knows as well as most mature people do, that where there are no shipwrecks there are no lighthouses. Some of my personal shipwrecks have produced great lighthouses in my life. Mike and I have a friend who had three marriages and within these marriages, each wife eventually left on bitter terms. Through the struggles, he became a minister to an area that experiences heavy divorce rates. He became a lighthouse because of his affliction. Another friend, (Clay McClary) whose son was murdered, spent eight years of his life tracking down the murderer to kill him. After the eighth year, God told Clay that he must forgive his son's murderer. Through the affliction, Clay went on to be a minister of the Gospel, and tell his testimony of exchanging anger for love. Clay was another shipwreck who learned to thank God for the experience. Without

**Challenge Question:**

*To error is human, to blame others is even more human.* Take a step back and reflect on the last year and estimate how much time you invested either being suspicious that someone hurt you, or how much you have been hurt, versus how much time you gave negative circumstances over to God to heal and wipe the hurt out of your mind.

1. Time estimate on how much time was invested on suspicion and/or hurt:  
\_\_\_\_\_ hrs
2. Time estimate on how much time was invested in giving issue to God:  
\_\_\_\_\_ hrs

thanking God, he could not be who God desired him to be. The full testimony of Clay McClary is available at <http://www.focusonheaven.com/redemptioncenter.html>.

**Exercise 3.4**

You have been challenged to think about a new level of thankfulness. Now, we are ready to embark on an actual exercise to allow you the opportunity to exchange with God on a personal level. Pick out three positive and three negative experiences you have experienced in your life. Spend 3 minutes thanking God (verbally) for the positive circumstances. Now spend three minutes thanking God for the three negative circumstances. Table 3.4 is provided for you to write down your three positive and negative circumstances, so you can focus on how you might say a prayer of thanksgiving for negative circumstances. I have added a third column called "Reasons why the negative experience ended up being valuable." This will help you verbalize in your prayer of thanksgiving how you might be thankful that you made it through the negative circumstance.

Thanking God for Three Positive Circumstances	Thanking God for Three Negative Circumstances	Reasons why the negative circumstance ended up being valuable

**Exercise 3.4**

**Exercise 3.5.**

Please record how you felt after spending just three minutes on three of your negative circumstances. Also, record how hard it was to focus three full minutes on negative circumstances.

**Record How you felt before, during and after the prayer:**

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**Record how difficult this exercise felt.**

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If you go back to the song by Sanctus Real and listen to the lyrics it sums up how you may feel ... *Like Chaos*.

"Time to face up  
Clean this old house  
Time to breathe in and let everything out  
That I've wanted to say for so many years  
Time to release all my held back tears

Whatever you're doing inside of me  
It feels like chaos but I believe  
You're up to something bigger than me  
Larger than life something heavenly"

There is no doubt what you are experiencing may feel awkward. However, the awkwardness will have tremendous payback if you follow through. Look back to Table 1.1 in ***Journey 1*** where you rated the rooms of your life. Many of the rooms such as bitterness, unforgiveness, anger, sexuality, and control are directly related to one's ability to thank God for the circumstance from the past. Failure to deal with the past produces the clutter by not exchanging the issues of life with God's redemptive power. Recall that the altar in its simplest form is the place where we met God to exchange our earthly issues for heavenly elements. Giving thanks for all things may be the exercise that allows God's full redeeming nature to be experienced. If all we did was thank God for positive things, there would be no need for exchange or redemption. The greatness of God comes when we have severe issues that need to be exchanged. Perhaps God sees our willingness to thank Him as an extraordinary act of faith that allows a complete healing of the past.

In the Old Testament (Genesis 37-43), Joseph suffered during his life to a great degree. The afflictions and sufferings included:

- He was sold by his brothers
- Left for dead by his brothers
- Accused of rape
- Falsely imprisoned
- Removed from his family for many years.

In spite of all these afflictions, Joseph decided that he would name his first son Manasseh which means *'God says he has made me forget all my toil and all my father's house.'* He then named his second child Ephraim which means *'God has made me to be fruitful in the*

*land of my affliction.* Somehow, Joseph understood that without his many afflictions that he would not have benefited later in his life. He felt so strongly about giving God thanks for his afflictions and sufferings that he named his second child as a memory of this true concept in his life. Joseph learned the process and value of exchanging with God.

Let me close by sharing the very scripture which helps explain. ***“Give thanks in all circumstances, for this is God’s will for you in Christ Jesus.” 1 Thessalonians. 5: 18.*** This passage tells us that in all circumstances give thanks for this is God’s will for you. God did not say to only give thanks in positive circumstances; anyone can do that. The truly faithful learn to let their past heal their future, as Joseph did.

### ***Challenge Question:***

*Genesis 41.52: “The second son he named Ephraim and said, “It is because God has made me fruitful in the land of my suffering.”* What personal afflictions similar to Joseph’s life have you experienced? And have you given God thanks through some type of memorial or confession, like Joseph did?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_



## Journey 4 – The Mind

Jesus replied that the greatest commandment is to love the Lord your God with all your heart, all your soul, and all your mind. ~ Matthew 22:37

“Whatever you hold in your mind will tend to occur in your life. If you continue to believe as you have always believed, you will continue to act as you have always acted. If you continue to act as you have always acted, you will continue to get what you have always gotten. If you want different results in your life or your work, all you have to do is change your mind.” ~ Unknown

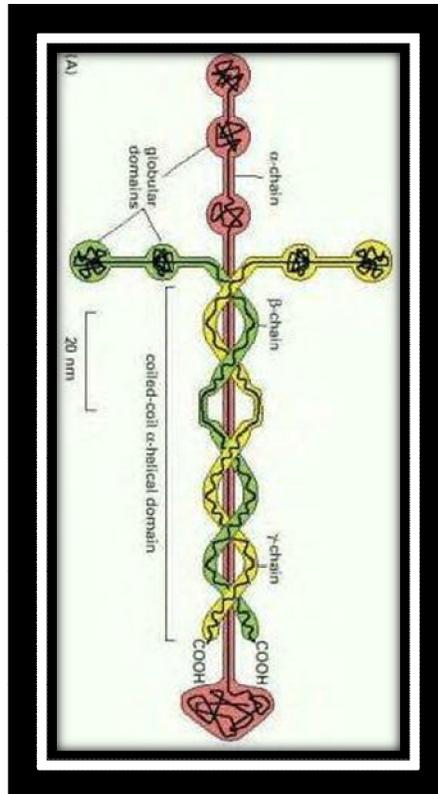
**R**eflecting back on the first three Journeys it should be evident that one of the key concepts you are learning is the concept of completeness. God created you to be a complete person who could travel with Him, and He with you. Whenever you travel with God you are automatically forming a completeness that allows you to see things that an incomplete person cannot see. When you travel with God through your past, present, and future you are completing the wholeness of your life. The Great **'I AM'**, who always was, always is, and always will be, is able to provide a completeness like nothing else. There is no medication, no knowledge, no counselor, no therapy, no manual known to humanity that can create an instantaneous completeness inside of the human being, like the author of life can. This is the very reason Jesus is given the title of 'The author and finisher of my faith'. No one can start my completeness, nor end my completeness, other than Jesus Christ. In fact, in Colossians 1:15-17 God ascribes a completeness and fullness to Christ Jesus that cannot be found in any other subject, object, or person. Listen to the following words of completeness.

*“We look at this Son and see the God who cannot be seen. We look at this Son and see God's original purpose in everything created. For everything, absolutely everything, above and below, visible and invisible, rank after rank after rank of angels--[everything] got started in him and finds its purpose in him. He was there before any of it came into existence and holds it all together right up to this moment.” (Colossians 1:15-17 Message translation)*

The completeness and fullness of life are indeed held together by God through His son Jesus Christ. This completeness is for each of us to take advantage of during the course of our life. When we take advantage of the very Light (Jesus Christ) that was sent into our world, for our salvation and completeness, we will never be the same again! We become the completeness who God always created us to be. In essence this is the backbone, the foundation of the Born-Again experience. This sounds too simple to be true, but it is the promise of completeness for humanity, through Jesus. *“Therefore, if anyone is in Christ, he is a new creation; the old has gone, the new has come!” II Cor. 5:17.*

It should be noted that many people have cheapened and lessened the 'Born-again' experience by using it as a cliché. However, let it be known that humanity cannot escape and cheapen the reality that Jesus Christ holds everything together. God made no mistakes throughout the history of humanity, and is now bringing into new revelation the completeness that humanity is longing for. In fact, the medical field has recently unveiled one of the most proven elements of the completeness that comes through Christ within the





**Figure 4.2-** Laminin Diagram

***Laminin Definition***

The Laminin protein molecule is the major component that makes up the matrix, which is also called the basement membrane. These are the sheets of protein that form the substrate of all internal organs. Laminin assist in cell adhesion and binds other extra cellular matrix components together.

The laminin molecule is shaped like a cross and has four arms that are designed to bind to four other molecules. The three shorter arms are particularly good at binding to other laminin molecules, which is what makes it so great at forming sheets. The long arm is capable of **binding to cells**, which helps anchor the actual organs to the membrane.

***Challenge Question:***

*What images and thoughts about God were generated as you think about the completeness of Christ in each human being through laminin.*

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### An exercise on completeness

How do you feel as you pause and realize that within your body is the representation of Jesus Christ who holds all things together, and without Him nothing was created. Please take a moment and complete Exercise 4.1.

Do you see Laminins within your body as another <b>Pearl</b> within you?		
Does knowing that God created this simple representation within human life give you a new and refreshed view of the human body?		
Does this new refreshed view allow you to begin to be thankful for the combined simplicity, yet complexity of your body?		
Could a new thankfulness for God's creation to this fine detail of your body allow you to be healed in a special way; that was not possible before? Remember the <i>Journey on Thankfulness</i> you went through!		
God created us as people who are to feel complete and made whole; but Do you feel you are a complete person yet?		
Do you even know what it is to be a complete person?		
Are you starting to get a sense of the importance of being a complete person?		
Do you realize that completeness only comes through the person/being that exists for the purpose of bringing everything into completeness? Colossians 1:15-17		
Were you surprised that God pays attention to the fine details of life such as the Laminins?		
Do you recognize that God spans the smallest of details such as Laminins, to the greatest of details such as the rotation of the earth around the sun, and the magnetic pull of the moon with the earth to create high and low tides in the oceans?		
Have you accepted that Jesus Christ is the fullness of both the visible and invisible aspects of life? Do you have this kind of child like faith?		
As you continue in your Journey to find the <b>Pearl Within</b> , do you sense a new light of knowledge, wisdom, and revelation being sparked?		
Go back to the Exercise Table 1.3 where you checked off your view of God Attributes. Has your view of God's attributes been changing?		

#### Exercise 4.1

The introduction for this *Journey on the Mind* is necessary to give you a background on our need for human completeness. View this particular Journey as a means to become re-adjusted for the modern worldview that Christianity is only about love, or growing the heart. It is important to note that when God desires to work on a person, it is a personal matter between the person and God. Unfortunately, so many of us want to drag others into our specific situations. At the moment that God is sharing revelation and healing me, He does not want you to drag others into the situation; it is your personal moment of healing. For this reason, I ask that you focus on God's revelation for you 'only' during this chapter.

Let's consider the reality of becoming a Christian, then maturing to be a complete person who is balanced between heart, mind, and soul. If I am an overweight person and I accept Christ into my heart one night, I will find that I am an overweight Christian the next day. If I am an emotionally hurt person, and I accept Christ one night, I will find that I am an emotionally hurt Christian the next day. If I am an uneducated person and I accept Christ one night, I will find that I am an uneducated Christian the next day. If I am a lazy person and I accept Christ one night, I will find I am a lazy Christian the next day. Simply by accepting Christ into my heart does not make all issues in my life go away. Accepting Christ allows me



their mind.			
Rate your awareness that Christians are to be exercising their soul.			
	<b>Agree</b>	<b>Disagree</b>	<b>Unsure</b>
A person's mind will play more tricks on them than their heart or soul does?			
A good or evil thought enters a person's mind before entering their heart?			
You have witnessed more people lose their minds than their hearts?			
You have had moments of loss of mind, versus loss of heart?			
A person's mind is more complex than a person's heart?			
Fear is directly connected to the heart?			
Fear is directly connected to the mind?			
Faith is directly connected to the heart?			
Faith is directly connected to the mind?			
Fear controls the mind more than the heart does?			
Faith controls the heart more than the mind does?			
Fear controls my decisions more than faith does?			
<b>Fear is a controlling element in life?</b>			
<b>Faith is a liberating element in life?</b>			

#### Exercise 4.2

It is important to realize that most Christians struggle very little with serving God with their heart and compassion. Rather, they generally struggle with serving God with their mind and soul. One of the main reasons for this is simply that the heart-piece of Christianity fulfills the innate nature to feel and express love, compassion and empathy. No one should argue that Christianity has so many feelings that allow us to enjoy love, express compassion, and be empathic towards each other. However, we must still use scriptural context to build the complete person in each of us, so we can enjoy the fullness of what is available to us in and through Christ. This requires us to balance our ability to express worship toward God with our full heart, mind, and soul. If we desire to be the complete person that God desires us to become, we need to better understand the full make-up of our being, and how we can worship God with that completeness. There are many opinions on the differences between the heart, mind, and soul; and in some cases, the three can include some of the same characteristics. For the purpose of this Journey on the Mind, I want to keep a simple definition that is agreed upon by most scholars.

**Heart** – Our inward affections including love, compassion, and feelings.

**Mind** – Includes our will and desire to move forward in knowledge, wisdom, intellect, and conscience. Interchangeable with the word 'Might'

**Soul** - The living breath and spirit of a man, includes emotions (Jesus say's my **soul** is exceedingly sorrowful. Matthew 26: 38)

Table 4.1 helps illustrates which part of our heart, mind, and soul our personal characteristics stem from. Some of the characteristics may be in multiple parts, but the 'X'

represents the primary area where the characteristic stem from. Where there are multiple 'X's are the areas where it is extremely difficult to separate.

Characteristic	Heart	Mind	Soul
Love	X		
Compassion	X		
Emotions	X	X	X
Conscience	X		X
Fear		X	
Faith		X	
Wisdom		X	X
Knowledge		X	

**Table 4.1**

As stated before, there are numerous opinions on what comprises and makes the heart, mind, and soul uniquely different. As we learned early in the Journey, a pearl is really created by identifying or confessing the irritants within. If you are anything like I am, you may find that Table 4.1 becomes invaluable. The reason it is so invaluable is that I have found in my own personal being that my emotions and fear controlled many years of my life. Even though I was a Christian with a loving and compassionate heart, I struggled immensely with the irritant of fear and emotional reactions. I was a fearful and emotional person who accepted Christ one day, and woke up the next day a fearful and emotional Christian. The next day and for many more years, I remained a heart-felt Christian who had many fears and emotional responses to the issues in my life. I had developed my heart-felt love for God, but did not increase in my mind and soul.

My first 10 years of Christianity allowed me to expand and capacitate my heart, but I never focused on the need to expand and capacitate my mind and soul, which included the very irritants of fear and emotional decisions. I had not yet learned how to renew my mind to bring my completeness to God. Let me take this opportunity to share my **personal** story of reflection and refraction with you.

I grew up in a religious setting and learned many of the attributes of Christian love, compassion, and behavior. However, the truth was that I was an outwardly prim and proper Christian, living the masked life of fear and emotional reaction. Through the masked years of fear and emotional control, God always allowed me to reflect to my childhood and remember that He was pulling me to a deeper understanding and questioning of who He really was. I can now see that my surroundings and mimicking of the Christian world-view allowed me to hide behind a mask, as so many other people hide. I was able to hide behind a deep wall of fear, and yet appear to everyone else that I was as normal as they were. I would say that I lived a double-minded life that allowed me to feel prim and proper, yet fear was tormenting my mind, causing me to make my decisions based on my emotions. The cycle of fear and emotions forced me to want to control the few things I felt I could control. I am now convinced that the more a person fears the more they want to control people and circumstances.







1. Can you reflect upon a time as a young girl that God was speaking to you in a special way? \_\_\_\_\_ What was God speaking to you? \_\_\_\_\_ . Would you enjoy going back to that place in time and be reconnected? \_\_\_\_\_ .
  
2. Have you ever put on a mask of the perfect prim and proper Christian woman, wife, mother, and/or Church member? \_\_\_\_\_
  
3. Have you ever found times that your life is controlled more by emotion than logic? \_\_\_\_\_. Has this helped or hurt your personal life or relationship life? \_\_\_\_\_
  
4. Do you feel fear controls more of your decisions in life than faith does? \_\_\_\_\_
  
5. Have you ever been challenged by God through the reflection or refraction of another person of faith? \_\_\_\_\_  
\_\_\_\_\_
  
6. Have you had a similar 'cleansing' experience like I did? Please take your time as you may be able to understand a time period in your life that was purposed by God; but felt like it was from Hell itself: \_\_\_\_\_  
\_\_\_\_\_
  
7. If you made it through your cleansing, have you been thankful and shared your experience to help other woman? \_\_\_\_\_  
\_\_\_\_\_
  
8. If you did not come through your cleansing process, but took a detour, do you want to allow God to bring you back through to completeness? \_\_\_\_\_



### Exercise 4.3

As you have probably guessed the completeness that God has for you allows you to reach the greatest command that we stated earlier; *Love the Lord your God with all your heart, soul, and mind*. The journey to reach this completeness demands that you review what controls your life. This means you must be reflective on your present situation to see what parts of the complete person are easiest to serve God with, versus which parts are difficult

to serve God with. Let's start the process of identification by using a few key scripture passages to connect the worship experience of heart, soul, and mind.

### **Scripture Example 1: The Fear Factor**

*"For God did not give us a spirit of timidity (fear), but a spirit of power, of love, and of sound mind." (II Timothy 1:7)* This scripture passage indicates that God is aware that we need three attributes in our life ... *"Power + Love + A Sound Mind."* These three attributes

#### **Challenge Question:**

*Read Hebrews 11:6 and Habakkuk 2:5 and list the one thing that God says we will not please him with if we do not possess it?*

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directly correlate to the aspects of *Soul+Heart+Mind*. God knows that these three attributes of power, love, and sound mind will make us a complete person. For this reason, God does not start us out with a spirit of fear. God knows that fear drastically effects our heart, soul, and mind. The fact that God intentionally does not give us the spirit of fear; indicates it has to come from another source. The best way to look at fear is to use faith as its counter-part. The opposite of fear is faith and the opposite of faith is fear. Faith allows us to live in power, love, and sound mind. When we walk out our life in power, in love, and in a sound mind faith rules our behavior and allows us to please God. The more faith we have, the more we advance Christ in our lives. The less faith we have the more fear creeps in and starts pulling us away from the attributes of love, power and sound mind.

The reason the enemy (satan) focuses so hard on putting fear into our mind, is simply that it will hinder our faith; and satan knows that the very thing that pleases God is faith. Hebrews 11:6 states that *'Without faith it is impossible to please God.'* Satan works diligently to place fear in our way to cripple people by putting a mask of fear between a person's heart, mind, soul and God. When fear enters our being it comes into our mind at first, and creates a question or doubt. This is the very process that satan used on Eve; he came into her mind and placed the question in her mind about what God really said about eating from the tree of knowledge of good and evil. In fact this is where the '?' symbol comes from. It is a Latin symbol representing the serpents physical figure and what satan did through the serpent. He placed a question in Eve's mind. When questions and doubts are continually lurking in our minds, it soon affects our heart and soul.

The more fear that I operate under, the less faith I will operate within. The personal cleansing that I went through allowed me to remove the fear and doubts in my mind and receive a measure of faith from God. It was then up to me to start building on that faith. I had to live out the passage of scripture that challenges each of us to *"Taste and see that the Lord is good."* I can tell you from experience tasting faith that is pleasing to God is far sweeter and better than the taste of torment that fear brings to a person mind.

*"Taste and see that the LORD is good; blessed is the man who takes refuge in him."  
~ Psalm 34:8*

As you recall one of our challenges is to live a balanced percentage of these attributes. If I live off only a sound mind, and never operate in love, I may end up becoming an intellectual genius, but never experience love. At the same time if I operate only in 'love,' I may be making many bad emotional decisions for my life and family; as a sound mind is required to make sound decisions.

Please use Exercise 4.5 to give an estimation of your balance between Love, power and sound mind



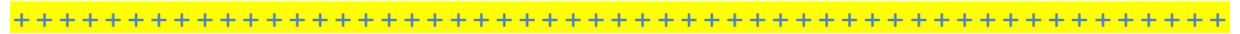
- What % of your life is operated in/from Love \_\_\_\_\_
- What % of your life is operated in/from Power (Soul) \_\_\_\_\_
- What % of your life is operated in/from a sound mind? \_\_\_\_\_
- What % of your life is operated from: \_\_\_\_\_\*? \_\_\_\_\_

(\* ) Fill in the blank with another answer

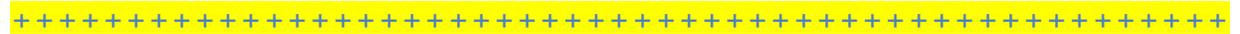


### Exercise 4.5

Let's assume that if you have a good balance in these three areas, you may be living by faith. This is a logical conclusion based on scripture. Don't panic if you did not rate yourself high in any area except the area of love, as you would be classified as the average person. Let's move into Exercise 4.6, which is the opposite of Exercise 4.5. The two exercises will help you identify how much your life operates in faith or fear.



1. What % of your life is operated from human love \_\_\_\_\_
2. What % of your life is operated from emotional reactions \_\_\_\_\_
3. What % of your life is operated from a indecision and constantly asking other people for advice \_\_\_\_\_



### Exercise 4.6

If you are like most people, you more than likely had more percentages in exercise 4.6 than in exercise 4.5. The whole point of these two exercises is to develop a new focus, new understanding, and transformation in your heart, mind, and soul. If the items in exercise 4.6 were more dominate than the items in Table 4.5 then you have a great need to rid yourself of some fear, and embrace more faith in God.

If you recall back in Journey 1 you were presented with the thought that God was singing and dancing over your life (Zephaniah 3: 17). We also challenged you to sing a song to God. We did this to get you at a higher level of understanding of God's great love for you as a person. Please go back to Journey 1 and reflect on the song .... "I want to sing a song to you Lord," again.

God understands the tormenting power of fear and how important it is for us to have a relationship with Him that allows us to overcome that fear. Read Romans 8:15-17 and meditate on yet another view of how God views you.

*"For you did not receive a spirit that makes you a slave again to fear, but you received the Spirit of son-ship. And by him we cry, "Abba Father." The Spirit himself*

*testifies with our spirit that we are God's children. Now if we are children, then we are heirs—heirs of God and co-heirs with Christ, if indeed we share in his sufferings in order that we may also share in his glory.” Romans 8: 15-17*

God is so concerned with you that He desires you never to return to being a slave to fear. He would rather have you see yourself as a child of His who like a child crying out 'Abba Father', which means 'Daddy'. Knowing that we can call God 'Daddy' is intended to give you a confidence and faith in Him, which you to escape the spirit of fear.

Let's look at Exercise 4.7 where you will hopefully find out how simple it is to redeem your fear with faith. Faith is the pearl within you; and fear is the irritant. Will you look for your Pearl of faith, and exchange your fear? God gives us opportunity to exchange our fear with faith in Him; what an exchange!



1. When fear has its grip on your mind, you are a slave to it; and fear brings \_\_\_\_\_ (1 John 4:18)
2. If fear brings torment, is it your heart or your mind that is tormented? \_\_\_\_\_
3. Once your mind is tormented, the end result is that your heart will \_\_\_\_\_ (Luke 21:26)
4. When you walk by faith you are considered a \_\_\_\_\_ person (Habakkuk 2:4, Rom. 1:17; Heb. 10:38 )
5. When you live in fear your mind becomes less \_\_\_\_\_ II Tim. 1:7
6. Faith is the \_\_\_\_\_ of fear; The more faith you have the less fear you will have. The more fear you have the less \_\_\_\_\_ you will have.
7. \_\_\_\_\_ is the author of *Faith*
8. \_\_\_\_\_ Is the author of *Fear*
9. If you follow the author of fear, you may find that you do some strange things once in a while, as you are more \_\_\_\_\_ by the author of fear.
10. If you follow the author of faith, you may find that you do some spectacular things because you will \_\_\_\_\_ by the author of faith. And greater works than He did will you do also; your faith will move mountains.
11. \_\_\_\_\_ that is as small as a grain of mustard seed (Matthew 17:20) can remove issues in your life; while a small amount of \_\_\_\_\_ can torment your life for years to come.
12. Considering God is \_\_\_\_\_ over you personally, and He distributes gifts, faith, grace, and love toward you; you can exchange the fears you have with His promises in His word, which will build your faith. (Isaiah 1:18-19)
13. The more you read the Bible and hear Godly messages the more \_\_\_\_\_ that you will begin to possess. (Rom. 10:17)
14. Faith is the pearl within you, while fear is only an irritant that you should not \_\_\_\_\_ too!



**Exercise 4.7**

### Scripture Example 1: The Meteor Factor

Faith and fear are the opposing forces that cause people to bounce around in their mind if the two are intermixed. When we live and operate with a sound mind and know who and what we believe in, we are walking in faith. The best way to describe faith is to think of it as 'belief in action'. This means I will walk out that which I say I believe. Fear on the other hand will always keep me from walking out that which I believe. The best way to describe fear is to think of it as 'Doubt that causes in-action'. When we switch in our minds to focus on both fear and faith, we become what the Bible calls a double-minded person, who is unstable in all their ways. (James 1:8). James uses strong language to get our attention. However, James is desperately trying to get the attention of Christians to stay focused on 'Faith,' and not waiver back n forth, or they will be unstable. Read below and focus on the highlighted words that James uses:

If any of you lacks **wisdom**, he should ask God, who gives generously to all without finding fault, and it will be given to him. But when he asks, he **must believe** (have faith) and not doubt, because he who doubts is like a wave of the sea, blown and tossed by the wind. That man should not think he will receive anything from the Lord; he is a **double-minded** man, unstable in all he does. (James 1:5-8)

James understood the importance of the mind, and how wisdom is critical for each of us. He encourages people to ask for wisdom, but warned them that they must have faith, or they are like the sea waves tossed by the wind. That type of person should not expect anything from God.

#### Challenge Question:

*Have you ever felt like your mind, emotions, faith, hope, and/or belief were just like the tossing waves described by James? Write down your most dominate feeling/aspect of life that is always being tossed back and forth. Then answer the question, does fear, faith, or wisdom control that area?*

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Jesus is a little kinder in sharing the same concept that James shared. James uses the metaphor of a tossing wave. Jesus uses a metaphor of a meteor. *"And seek not ye what ye shall eat, or what ye shall drink, neither be ye of doubtful mind." Luke 12:29 (KJV).* The word 'doubtful' in this passage is the word 'meteorizo' which means to raise in mid-air, suspend, fluctuate, be anxious, or be carried about as meteors moved about with the currents, tossed up and down between hope and fear.

I believe if roller coasters were around in James or Jesus' day they would have used the roller coaster as the metaphor. Jesus and James are giving powerful illustrations showing that a person who doubts and/or does not operate in wisdom and faith will live a life that has many of their thoughts, will, and emotions on a roller coaster ride. I was one of these people who had a meteor shower taking place inside my mind, giving my emotions free reign to react to these ups and downs. However, the outward mask of the "prim-and-proper person" allowed me to appear as the 'average good Christian.'



*“But I say unto you, Love your enemies, bless them that curse you, do good to them that hate you, and pray for them which despitefully use you, and persecute you” ~Matthew 5:44-45*

When I started blessing people and thanking God for them and their circumstances, the things that were once my irritants became a **Pearl Within** me!

Please take some time and complete exercise 4.8 that will help summarize what we just discussed.



1. Faith can be described as Faith in \_\_\_\_\_; Where I act out, or walk out that which I claim to believe.
2. Fear can be described as doubt in \_\_\_\_\_; where I worry or doubt so much that I never take action on the things I believe.
3. God desires all of us to have wisdom, but we must ask for it in \_\_\_\_\_. If I do not ask in faith, I should not expect to receive anything from \_\_\_\_\_. (James 1:5-7)
4. When I doubt about what I ask God for, I am like the waves of the sea driven with the wind and \_\_\_\_\_ about. (James 1:5-7)
5. Our minds are powerful tools that allow us to take our false thoughts and imaginations captive; and bring ourselves into the \_\_\_\_\_ of Christ.



#### Exercise 4.8

#### Summary

This Journey on the mind has included a lot of thought provoking information. Some of it may take time to process, and may be worth going over again. The Journey was a revelation to expand your understanding that we must be balanced and worship/serve God with more than a heart-felt system. We must be willing to develop our mind, soul, and heart and serve God with them. The Apostle Peter adds his thoughts on the balance of the things we are to obtain in order to live a clear life. Listen to this portion of scripture that almost reads as a quote:

*“For this very reason, make every effort to add to your faith, goodness;  
And to goodness, knowledge; and to knowledge, self-control;  
And to self-control, perseverance; and to perseverance, godliness;  
And to godliness, brotherly kindness; and to brotherly kindness, love.  
For if you possess these qualities in increasing measure, they will keep you  
from being ineffective and unproductive in your knowledge of our Lord Jesus  
Christ. But if anyone does not have them, he is nearsighted and blind,  
and has forgotten that he has been cleansed from his past sins.”*

*~II Peter 1:5-9*

Notice in this passage that there are seven steps that arrive at love, but it has to start with faith and pass through the knowledge of the mind. These seven steps validate much of what has been spoken of in this Journey. It closes with mentioning that we need to possess all the qualities in increasing measure, or we will be ineffective, unproductive, nearsighted, and blind. If we start with love and only grow in love, we will be very lopsided, ineffective, with no self-control.

To try and help identify with the importance of growing in all areas, specifically our mind through knowledge and wisdom, I want to leave you with a few things to consider.

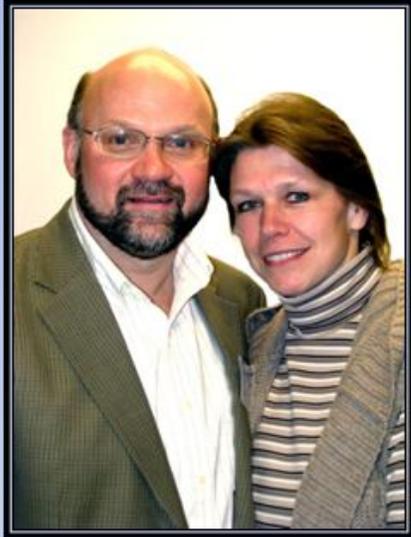
1. The Bible shares that people may die or be destroyed by lacking two things. The two things are knowledge and vision. knowledge and vision stem from our minds. This means that I risk a whole lot if I choose to be of a limited mind and grow only in heart-felt things.
  - a. *"Where there is no vision, the people perish..." Proverbs 29: 18 (KJV)*
  - b. *"My people are destroyed from lack of knowledge." Hosea 4:6*
2. God desires us to walk worthy of Him. In order to walk worthy of Him I must increase in bearing fruit and knowledge of God.
  - a. *"And we pray this in order that you may live a life worthy of the Lord and may please him in every way: bearing fruit in every good work, growing in the knowledge of God." Colossians. 1: 10*
3. If I desire to have a stable and peaceful mind then I need to keep my eyes focused on God; showing that I trust and have faith in Him.
  - a. *Thou wilt keep him in perfect peace, whose mind is stayed on thee: because he trusteth in thee. Isaiah 26:3 (KJV)*

Please reflect on the following question in exercise 4.9 and then spend some time journaling your notes and thoughts from this Journey on the Mind.

	True	False
A person who doubts everything they do will live a stable and peaceful life?		
A person who attempts to control people and circumstances is living a life of faith?		
A person who lives in fear is listening more to God than the voice of the enemy?		
A person who lives by faith is listening more to God than the voice of the enemy?		
A person who switches between fear and faith on a regular basis is considered a double-minded person?		
A person who switches between fear and faith will do great things at times, and strange things at other times?		
Heart-felt Christianity by itself is a lopsided view of the whole Christian person who is to grow in heart, mind, and soul?		
Without faith, it is impossible to please God? (Hebrews 11:6)		
A fearful person is generally a controlling person? Think hard on this.		
A faith driven person is generally a 'blessed' person?		
When emotions rule your life, you may not be living a balanced life with your entire heart, mind, and soul?		
There must have been a good reason that Jesus said the greatest commandment was to love the Lord your God with all your heart, mind, and soul.		
Possibly God puts the command in place to provide a way to make sure we are developing the whole person, so we could live a balanced life?		
If your mask were removed today, would someone find a person of		



# The Pearl Within



*Ministers Michael and Pamela Mathews*

What makes the Pearl Within so unique is that it will take you through a personal journey of your life to find the hidden Pearl(s) within yourself. This is the very Pearl that God always intended for your life. The journey will take you through your past, through your present, and help launch you into the future as it illuminates the Pearl that God designed you to be from birth. The journey will blend many experiences and emotions that make you laugh, make you cry, make you rejoice, and lead you through many euphoric moments of thanksgiving as you see your true reflective pearl being extracted from the oyster and irritants of your life. You will soon see the similarities of the miracle of both the Pearl and your life, once you view the completeness God intended for your past, present and future.

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Michael and Pamela have been ministering in marriage for 23 years, and as licensed ministers for over 12 years. They have been affiliated with numerous denominations and parachurch ministries. Their background and hunger for God's truth and wisdom has allowed them to develop a systematic perspective that combines biblical history and future revelation to illustrate a modern-day understanding that enlightens truth for many.

Michael and Pam Mathews live in Ozark, Missouri. They have two wonderful daughters, Jessica and Tiffany