



Spirit to spirit



“Don’t copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God’s will for you, which is good and pleasing and perfect.”
The Apostle Paul | Romans 12:2 (NLT)

Someone said, "I need to spend a lot less time listening to myself and a lot more time talking to myself." Can you relate to this struggle? The voice we listen to controls our actions and behaviors. Transforming our lives is a battle and voices define the front line.

The voice representing your emotions and habits is a formidable opponent against new thinking. Like cattle sticking to established "cow paths" map the way to the water hole, entrenched forces have etched well-worn patterns in our brains. Resisting change, your familiar inner voice reinforces the status quo, keeping you from adopting transformative new beliefs.

Reflect: What entrenched voice needs to be confronted?

The Spirit of the Lord, the source of life, has other things in mind. God's promises in hand, his voice leads us to carve new pathways in our brains.

"The truth is, no one can enter the Kingdom of God without being born of water and the Spirit. Humans can reproduce only human life, but the Holy Spirit gives new life from heaven." Jesus Christ (John 3:5-6)

The Spirit speaks new life into our spirit. "Spirit Talk" is the essence of what the Spirit wants our spirit to know about God's promises, ways, who he is and who we are in him – God's deep secrets.

"But we know these things because God has revealed them to us by his Spirit, and his Spirit searches out everything and shows us even God's deep secrets." The Apostle Paul (1 Corinthians 2:10)

The Spirit's voice is steady, bold, authoritative. We hear it, might even receive his messages, but quickly file them in the deep recesses of our mind. Though we may be able to recall them intellectually, when it comes to changing behavior, in this state they are impotent.

Consider: Knowing God's truth is not enough.

Nearly 2000 years ago, the Apostle Paul instructed us to "let" God transform the way we think. God made our brains like plastic, able to be molded. This is not wacky new age stuff! Is he not the same who transformed the dead into the living?

Counter to our instinct to force ourselves into new behaviors, Paul's instruction is to drop our defenses and be passive. Liken it to osmosis. When immersed in Spirit Talk it permeates and changed behavior springs from newly formed beliefs.

Imagine: The voice of the Spirit overpowering my nemesis voices.

How will you immerse yourself with Spirit Talk? Scripture memorization is helpful, though its deeply secret meaning is what's transforming. Having read scripture ask, "what is it you want me to know?" Capture the essence concisely, make it personal and memorable then speak it intentionally into your soul. Repeat, repeat, repeat... Surround yourself with it visually where you will see it regularly, even subconsciously. Each time, say it. Keep it in your sight, in your thinking all of the time, to rewrite the corrupted code of your belief system. After some diligence, a miraculous thing happens... your life transforms!

God lifts up important Spirit Talk from within at just the right time. When at your next fork in the road, ask, "what do you say about this choice?" Use Spirit Talk to reinforce your Mission to keep you focused on the reason God has you here on Earth. Vital! So simple yet, as Paul said, this is the way to let God transform your life...

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Go off the grid and ask these questions:

Coach's Questions

- What lie is my entrenched voice echoing? (Write a Spirit talk of God's truth to counter it.)
- Write a Spirit Talk for the scripture in the Spirit Talk box below.
- How will I surround myself with these Spirit Talk's?

Spirit Talk

Post this where you will see it regularly.

Write a Spirit Talk for this scripture.

"So all of us who have had that veil removed can see and reflect the glory of the Lord. And the Lord—who is the Spirit—makes us more and more like him as we are changed into his glorious image."

The Apostle Paul | 2 Corinthians 3:18 (NLT)





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