LIFE IN HIS PRESENCE

Wholly Surrendered to Him



SPIRIT • TRUTH • WHOLENESS

"God is Spirit, and those who worship Him must worship in spirit and truth."
—John 4:24

ABIDING IN HIS PRESENCE

As we abide in His presence, worship in Spirit and Truth, and surrender every part of our lives to Him, He leads us into true wholeness.

There is no greater place for a believer than **the presence of Almighty God**.

We were created to know Him, worship Him, walk with Him, and live our lives in fellowship with Him, our Creator. His presence is not something we manufacture

through human effort, nor is it an energy or force that we generate. **He is the living God.**

Yeshua said that true worshippers would worship the Father **"in spirit and truth."** Our worship flows from a heart surrendered to Him and a life that desires to walk according to His written Word.

WORSHIP IN SPIRIT AND TRUTH

Jesus taught that the Father is seeking those who will worship Him **in spirit and truth**. True worship is more than a song, a sound, or something we do when we gather together. It flows from a heart that belongs wholly to Him.

When we worship and pray, we are not creating a spiritual energy or trying to reach a higher spiritual level. **We are turning our hearts toward the living God.**

His presence cannot be manufactured. We do not create it, control it, or produce it through our own efforts. We come before Him in humility, surrender, thanksgiving, praise, and faith—and we welcome the work of the Holy Spirit in our lives.

There is something precious about believers gathering together in worship and prayer. We strengthen and encourage one another, stir up one another toward love and good works, and stand together in faith.

> *"Let us hold fast the confession of our hope without wavering, for He who promised is faithful. And let us consider one another in order to stir up love and good works, not forsaking the assembling of ourselves together… but exhorting one another, and so much the more as you see the Day approaching.*
> **—Hebrews 10:23–25**

We can worship Him alone in the secret place, and we can worship Him together with the Body of Messiah. Wherever we are, **our worship belongs to Him.**

SET YOUR MIND ON THINGS ABOVE

Living in His presence requires us to be intentional about where we set our hearts and minds. The world continually competes for our attention, but as followers of Yeshua, we are called to keep our focus upon the things of God and His kingdom.

> *"Set your mind on things above, not on things on the earth."*
> **—Colossians 3:2**

What we continually allow through our gates will affect our hearts and minds, influencing the way we think, speak, and live. We cannot fill ourselves with the things

of this world and expect to remain spiritually strong and sensitive to the leading of the Holy Spirit.

Scripture tells us:

> *"And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God."*
> **—Romans 12:2**

The answer is not to live in fear of the darkness around us, but to **remain close to the LORD**. We fill our hearts with His Word, spend time in prayer and worship, and allow the Holy Spirit to renew our minds on a daily basis.

When our priorities become misplaced, we must simply turn our hearts back toward Him.

His presence changes our perspective. His Word renews our minds. His Spirit leads us in all Truth.

BE STRONG IN THE LORD

Living in His presence does not mean that we will never face spiritual opposition. Scripture tells us to be alert, watchful, and prepared to stand firm in our faith.

> *"Be sober, be vigilant; because your adversary the devil walks about like a roaring lion, seeking whom he may devour."*
> **—1 Peter 5:8**

Notice that Scripture says the enemy is **seeking whom he may devour**. We are not called to live in fear of him. We are called to remain watchful, grounded in the Word of God, and strong in the LORD.

Our strength does not come from ourselves. It comes from Him.

> *"Finally, my brethren, be strong in the Lord and in the power of His might."*
> **—Ephesians 6:10**

There are times when the pressures and distractions of this world can draw our attention away from the things of God. That is why we must continually return our hearts to Him—through His Word, prayer, worship, and fellowship with other believers.

We do not overcome darkness by generating greater spiritual power of our own. **We stand in the authority of Yeshua Messiah and in the strength He provides.**

The battle belongs to the LORD, but He has called us to **stand**.

> *"Therefore take up the whole armor of God, that you may be able to withstand in the evil day, and having done all, to stand."*
> **—Ephesians 6:13**

Stand firm. Stay watchful. Keep your eyes upon Yeshua Messiah.

OUR BODIES BELONG TO HIM

Living a surrendered life includes more than our spiritual lives. The LORD is concerned with the whole person—**spirit, soul, and body**.

Our bodies are a gift from God, and Scripture reminds us that they are temples of the Holy Spirit.

> *"Or do you not know that your body is the temple of the Holy Spirit who is in you, whom you have from God, and you are not your own?"*
> **—1 Corinthians 6:19**

We honor God not only through worship and prayer, but also through the way we care for what He has entrusted to us. Rest, nourishing food, movement, sunshine, and other simple choices can all be part of wisely caring for our physical bodies.

This is not about pursuing a perfect body or believing that good health is a measure of someone's faith. Nor do we place our trust in foods, herbs, supplements, or other natural things.

Our trust remains in the LORD.

> *"Oh LORD my God, I cried out to You, and You healed me."*
> **—Psalm 30:2**

God has placed many wonderful things within His creation for our nourishment and enjoyment. We can receive them with thanksgiving while using wisdom and remembering that **Jehovah Rapha—the LORD who heals—is our Source.**

> *"For I am the LORD who heals you."*
> **—Exodus 15:26**

A LIFE OF BALANCE AND WISDOM

Caring for ourselves does not have to be complicated. Sometimes it is found in the simple things—getting adequate rest, spending time outdoors, drinking enough water, choosing nourishing foods, and allowing our bodies time to rest and recover.

Even fasting has a biblical place in a believer's life, although biblical fasting is first about **seeking God**, not simply improving our physical health.

Everything comes back to surrender.

Our spirit belongs to Him.
Our mind belongs to Him.
Our body belongs to Him.
Our whole life belongs to Him.

SIMPLE THINGS FROM GOD'S CREATION

God has provided so many simple things through His creation that we can enjoy as part of caring for our bodies. One of the things Gary and I have incorporated into our daily routine is **green tea**.

We fill a Mason jar with hot water and add one green tea bag along with another tea of our choice. After allowing it to steep and cool, we put it in the refrigerator and enjoy it cold in the evening.

It is such a simple thing, but it has become part of our routine.

A PERSONAL TESTIMONY

At one of my regular dental visits, my hygienist surprised me by asking, **"What are you doing differently? Your gums have improved immensely."**

At first, I couldn't think of anything I had changed. Later, I realized that Gary and I had been drinking green tea every day shortly after my last dental check up.

Six months later, I returned for another dental visit, and my gums had continued to improve. I no longer needed the special cleanings I had previously been receiving.

HALLELUJAH!

A LITTLE ABOUT GREEN TEA

Green tea comes from the same plant as black tea, but the leaves are processed differently. Green tea leaves are heated soon after harvesting, which limits oxidation. Because of this difference in processing, green tea retains many of its naturally occurring plant compounds.

Green tea contains **flavonoids and other plant compounds**, and it has been widely studied for its possible relationship to various aspects of health.

Our confidence is not in a cup of tea—it is in the LORD. Yet we can be thankful for the simple things He has placed within His creation and use them with wisdom.

Spirit • Truth • Wholeness

—Lora

FURTHER READING

An Atmosphere of Worship — What Fragrance are you?
https://worshipwarriors.net/teachings/WORSHIP-WARRIORS-An-Atmosphere-Of-Worship.pdf

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