

## **My Daily Bread is to Know and to Do the Father's will 24/7 with the Mind of Christ, with the Loving Heart of Christ, counting 100% on the Help of the Holy Spirit**

### **STEP 1: Listen to Jesus and Respond to Him.**

[Converse with Christ Jesus by **first** listening to him in his gospel teachings—counting on the Spirit's help, who alone knows the mind of Christ and what it means for me to be fully and truly human as I was created and redeemed to be—and then respond to Jesus and his teachings.]

#### **For example: Jesus speaks first:**

"Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest. Take my yoke upon you, and learn from me; for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light." [Matthew 11:28-30]

#### **For Example: I then Respond:**

"Lord, may I be connected to you the Vine and then I will be connected to the Father and the Father will be in me and I will do the work that the Father wills with a heart and mind like yours. Teach me the meaning of meek and humble of heart and teach me how not to bruise another person on the path of joining the Father's work that the Father and you are now doing through me by the Holy Spirit. Having received the Holy Spirit, Lord, may I be led by the Holy Spirit, my Divine Counselor. Your gift to me!"

### **STEP 2. Build up My Relationships**

[Build up my relationships first with those closest to me in my daily life through thoughtful actions, words and thoughts as well as prayers and also being open to possibilities to restore broken relationships from the past, but only under the guidance and inspiration of the Holy Spirit.]

Ruth, Dakota, David, Lani,

Converse with God on behalf of the LTH & MDB team and ask Christ to lead us humbly (see weekly prayer below)

Call weekly: Bill, Aura, Debi, Maryanne, Robert

### **STEP 3: Select Top Three Tasks from My/God's "To Do" List**

[Humbly discerning with the Holy Spirit the top three tasks willed by God the Father and then counting on the Spirit to help me focus on them one at a time.]

1. Testimonies and articles on anger online include E.
2. Choose one: Ann's testimony, ANNA send to LT
3. Philosophical work transcribed.

### **STEP 4: Good Samaritan Events!**

Be ready to be alerted by the Holy Spirit that God the Father might be calling me to respond to a Good Samaritan Event with the love of Christ in my heart.

## STEP 5: Pray mercifully over the news of the day

[Knowing the Holy Spirit will make me aware of the suffering in the world and of joys, lift up prayers of mercy and healing.]

Lord, let not my heart be overcome with hatred or fear. Therefore, I pray to you Lord to raise up leaders so that they can be part of:

1. a negotiated solution for Ukraine, Syria.
2. a solution to the hostility between the Turkish Kurds and its government.
3. may Europe not implode on immigration but emerge as a force for human rights and good in the world.
4. World wide good public policies like clean water, sewage and basic education for all that effect the poorest and weakest is forwarded in each country in the world.
5. May churches, NGO, Governments, the Gates foundation attract talented ethically centered people to join them.
6. And now, Lord, may you enhance and equip a nonviolent protest of love and rightful anger in Flint and wherever injustice lives in the USA so it will lead to a solution and a call to action in cities and towns across this Land.
7. Raise up people to use technological advances for the good of society and the gospel.
8. For those starving in the world and people to teach them to rise up while proving the basics until they reached a greater level of self sufficiency in food production and self awareness of their dignity and worth. Equip people in the USA to love their enemies.

## Step 6: Contemplative Breathing

The art of contemplative breathing can be found at:

[www.gettingtoknowgod.info/gettingtoknowgod.info/](http://www.gettingtoknowgod.info/gettingtoknowgod.info/)

You, God, my Father, alone are wise.

You, Lord Jesus, are Wisdom Incarnate.

You, Holy Spirit, alone are the imparters of Wisdom and Understanding

**Thrice breathing slowly, eyes closed, hear God say:**

I alone am wise and understanding.

To know who I truly am is to acquire the greatest wisdom and to know yourself as my child, created in my image and likeness.

To do my will, which is filled with love for you, is to be among the wisest persons who ever existed.

**Respond:** Lord, may I know who you truly are and truly do your will of pure wisdom with joy even when it is hard or cost me my life on earth.

## Step 7: Humbly Review the Top Three Tasks with the Holy Spirit

[Humbly Review the Top Three Tasks with the Holy Spirit to make sure that they are what the Holy Spirit really intends.]

## **Extra: Prayer for LTH in Christ Coaches and Team Members**

### **Weekly Prayer for the LTH in Christ team:**

I ask you, Jesus, Risen Lord, to guide us forward toward the next steps in advancing LTH in Christ according to the Father's will and do it the Father's way! Lord, may we connect with those you have called to be partners in the next steps that you want us to take to extend your work to bring sinners back to you through a greater awareness of their sins and through a deep and humble repentance so that they can receive and know the transforming power of the Holy Spirit.

Lord, you have shown us the good fruit of LTH in Christ. In the Holy Spirit's hand it is an insight-giving tool into our own thinking and self-talk and enables us to better compare our thoughts to your gospel and reject those that counter your gospel and follow those that align with the Truth. We thank you. Indeed, because of the Holy Spirit's work of creating awareness of sin leading to repentance, the transforming effects of the Father's loving attraction toward the humble and contrite of heart—the repentant heart—causes an outburst of God's transforming love. Thank you for such deep transformational work in us.

May the rivers of the new creation flowing forth from you, Lord Christ Jesus, and through the Holy Spirit, become so powerfully in the LTH in Christ team and supporters that we all become so meek and humble of heart like you that we experience the joy of your salvation and attract others to you and your Sermon on the Mount training. May we be faithful in doing this work given to us by the Father and may it resound to the Father's kingdom building on earth as it is in heaven where we lay up treasures by loving on earth as each one is loved in heaven. Thank you, Lord.