

# **KEYS** to sever the old bonds

## **1. Change your focus!**

Are you locked in to your own thinking and continual reference of self being?

Are you subject to what the news, the world, the system says about you and how you should live?

Are you bound by the dictation of others, opinions, declarations and medical statements?

It is time to shift your focus.

It is time to find the Freedom that is just on the other side of the door for you.

It is time to engage your faith, and belief that there is so much more than what you are 'told' and fed as 'truth'.

For instance, for me...

I have had a lifetime journey on searching for the meaning and purpose of life.

With that, there has been rejection, pain, loneliness,

anxiety, confusion and doubt.

In the world around me, in myself.

Shifting my focus off myself is to see the bigger picture...

To see eternity the life beyond the limitations of this earth and temporal dominion.

To extend beyond self to connect with others, to love and serve others.

Find truth, and know you are not alone.

You do not find your identity in others, that is parasitical!

But reaching out to others with the love we have been blessed with, has been a main key for me in overcoming **every obstacle** of this world, including emotional pain that has filtered through to physical pain, headaches, fibromyalgia, depression, failing will to live and more.

Put these physical and emotional ailments in their **proper place**, not in front and governing our lives, but rather be **led by Spirit and Truth**.

Doing this, a direct weight is taken off from the worry of self.

With a focus on others, one can see their own plight and position so much more clearly.

***Jesus says, “My yoke is easy and my burden is light” (Matthew 11:30)***

*... the service I (Jesus) ask of you is easy, and the burden is the opposite of what the pharisees or the world system requires, being works. I (Jesus) have carried and paid the price. To follow Me (Jesus), to believe and trust Me, is easy, and it is light.*

From HURT, SPIRITUAL REJECTION, BITTERNESS, INFECTED EMOTIONAL WOUNDS, thwarted thinking and paranoia, all the burdens and yokes of the world and the consequences of hurt, pain and rejection, we can be rescued to achieve a profound state and firm belief that is rooted in redemption, DEEP HEALING and refreshing and renewal, in thinking and living in power and light, by the HOLY SPIRIT!

***SET FREE***

*and at LIBERTY  
to live a life having inner PEACE,  
FREEDOM and TRUTH !*

## **2. REPENTANCE & FORGIVENESS!**

What is **Repentance**?

Simply put, Repentance is a turn around in one's thinking.

To no longer continue the path of approaching something the same way expecting change. Rather, changing the behaviour after deciding to change the thinking.

What is **Forgiveness**?

For me, simply again because it is so easy to fall in to complicating this, Forgiveness is deciding to give the source of one's pain over, and to release the person(s) involved in that source of pain.

Forgiveness is stepping back to see one's own

position from an onlooker's perspective, relinquishing authority to judge and handing over that authority to God. Then one is free from the burden of judge and jury, to own one's own responsibility for future decisions, actions; choosing to be led by God.

Forgiveness is giving up leadership of self and judging others, to giving the leadership over to Christ who is the Judge of all.

Forgiveness does not let anyone off the hook; it is simply an ACT of OBEDIENCE, for we have been called TO FORGIVE, as we HAVE BEEN FORGIVEN.

You do not have to go back and restore that relationship, fix that situation, especially if it was toxic, no way.

Neither are we expected to rebuild trust with that person again.

Expectations are relinquished once Forgiveness has truly taken place, and it is incredibly liberating.

***For all for have sinned and come short of the glory of God; being***

***justified (just as if I never sinned)  
freely by His grace through the  
redemption that is in Christ Jesus.  
- Romans 3:23-24 KJV***

To live a life guided by the Holy Spirit, to be purposeful, whole, and living in holiness, in spiritual abundance brings an unspeakable peace and joy.

The world does not offer this.

The world is temporal.

It will end. It will fall away.

Everlasting life comes from Jesus Christ, the Son of God, who paid the price of sin.

***"I am the Resurrection and the Life: he that believeth in Me, though he were dead, yet shall he live: and whosoever***

***liveth and believeth in Me shall never die." - John 11:25-26 KJV***

We think how can *that person*, or *those people* deserve our forgiveness, our grace?  
Indeed, we may think it is *not fair* to give another person such love and grace!

**Was it fair, or reasonable, that Jesus got up and was nailed to a cross for our sins?**

**Of course, this makes no sense to the world. It is absolute nonsense!**

***"This I say then, Walk in the Spirit, and ye shall not fulfil the lust of the flesh. For the flesh lusteth against the Spirit, and the Spirit against the flesh: and these are contrary the one to the other: so that ye cannot do the things that ye***

*would. But if ye be led of the Spirit, ye are not under the law. Now the works of the flesh are manifest, which are these;*

*Adultery, fornication, uncleanness, lasciviousness, idolatry, witchcraft, hatred, variance, emulations, wrath, strife, seditions, heresies, envyings, murders, drunkenness, revellings, and such like: of the which I tell you before, as I have also told you in time past, that they which do such things shall not inherit the kingdom of God.*

*But the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith, meekness, temperance: against such there is no law. And they that are Christ's have crucified the flesh with the affections and lusts.*



***If we live in the Spirit, let us also walk in the Spirit. Let us not be desirous of vain glory, provoking one another, envying one another." - Galatians 5:16-24 KJV***

**Be ...**

a daughter, a son, who stands in a place that is **not of this world**, that indeed **confounds the world!**

**Forgive ...**

**the unforgiveable!**

It appears ridiculous but it is transformative!

**Be ...**

**Transformed** by confusing the world that ***demands and expects an offense to take root.***

**Do ...**

***The opposite*** of what every one else says.

**Be ...**

**Obedient** to God, whose perfect will is good, acceptable and perfect!

This requires your daily devotion to reading the living Word of God and spending time in His presence daily, talking, listening and falling into a state of holy worship.

***"And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God."***

***Romans 12:2 KJV***

LORD, MAY YOUR WILL BE DONE, AS WE FOLLOW YOU AND SURRENDER OURSELVES TO YOU. FOR THIS BELOVED CHILD READING THIS, I THANK YOU FOR THE WORK YOU HAVE BEGUN AND THE RESTORATION AND HEALING THAT WILL BRING THEM INTO THE FULLNESS YOU HAVE FOR THEM!  
AMEN!

LOVE, DEBORAH