

Volume 4, Day 15: "Be Angry and Sin Not..." - Part 5 of 10

Further exploration of the progression from the 'abundance of the heart' (belief) to the 'mouth speaking' (expression) reveals useful information which can and does lead to 'transformation' (greater love and acceptance of others) through a renewing of the mind (change in beliefs) as written in Romans 12:2. Learning this progression, 'from the heart to expression, helped me affect changes such that when my cup is kicked over, healing love pours out instead of my caustic opinions and misguided understandings. I had received most of what I believe from 'well-meaning' family and friends. Yet, the Bible is the only trustworthy source of God's truth as revealed to us by the Holy Spirit's guidance to truth (John 16). Most of us have accepted many things which are only partly true and some things that are completely false!

I began to analyze each angry expression in order to discover what belief I held had been **hurt** (rejected). I first considered what feeling was involved. Once I had isolated the feeling, I asked myself why another's expression (word or action) 'hurt' that particular feeling. I asked God to reveal what I needed to change in my beliefs in order to eliminate the 'hurt' feeling. I did this repeatedly until the belief was changed or dismissed and the feeling ceased to be 'hurt.'

In 3 years, I had changed over 300 misperceptions into the reality of God's perceptions. The statement, "Your perception is your reality." became a constant awareness in my mind. And if you don't think this statement is true, consider the need for asylums for people whose perceptions are so far from reality that they must be contained for their own protection and the protection of those around them.

Let God's Holy Spirit "guide you into ALL truth..." which is His purpose in the life of the believer in Jesus. If you have trouble hearing His voice, be patient, He will ultimately guide you to the truth you need to know and enable you to make adjustments to what you believe. You can trust God NOT to misguide you on any issue on which you confer with Him!