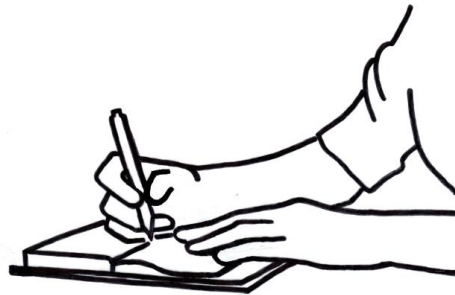


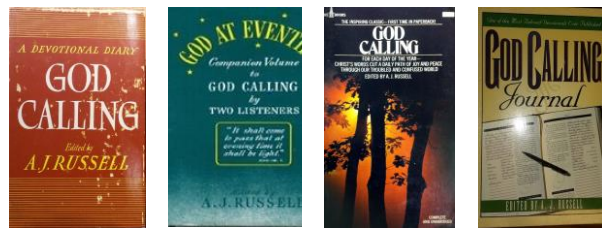
Training Manual for Mediums?

Quotations from the
God Calling Books and the
Jesus Calling Series



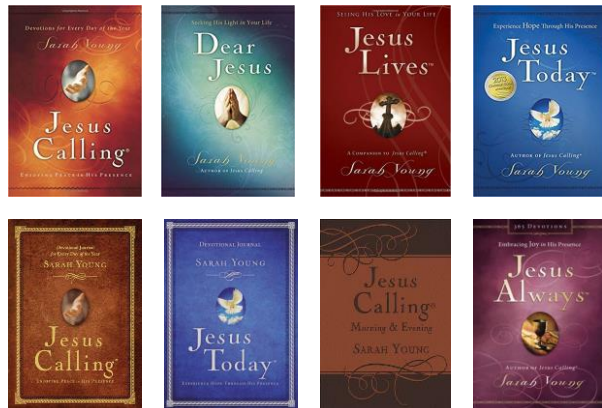
"The God Calling Books" — edited by A. J. Russell

	abbreviation	
<i>God Calling</i> (original)	—	1935
<i>God at Eventide</i> (companion volume)	GE	1950
<i>God Calling</i> (paperback edition)	GC	1972
<i>God Calling Journal</i>	—	1996



"The Jesus Calling Series" — 8 of Sarah Young's books:

<i>Jesus Calling</i>	JC	2004
<i>Dear Jesus</i>	DJ	2007
<i>Jesus Lives</i>	JL	2009
<i>Jesus Today</i>	JT	2012
<i>Jesus Calling Devotional Journal</i>	JCDJ	2013
<i>Jesus Today Devotional Journal</i>	JTDJ	2014
<i>Jesus Calling Morning & Evening</i>	JCME	2015
<i>Jesus Always</i>	JA	2016



Training Manual for Mediums

“Welcome the training” (GC Jan 06)
“You are in rigorous training” (JT p. 22)
“Your training must be severe” (GC Aug 18)
“Collaborate with Me in this training” (JC Feb 11)



“Close your eyes now” (JCDJ Mar 27)

“begin with prayer for protection” (DJ p. 220)

*“Physically position your heart, your mind, and your hands
to receive My Peace”* (JCME Dec 03)

“Let My thoughts burst freely upon your consciousness” (JC Jun 30)

Merriam-Webster:

medium – “an individual held to be a **channel** of **communication** between the earthly world and a world of **spirits**”

channel – “one who speaks for nonphysical beings or **spirits**”

psychic – “**medium**”

“No man should ever be a **medium**
for any spirit, other than Mine” (GC Mar 13)

“if only . . . I could **use each human body . . . as a channel**
for Divine Love and Power.” (GC Nov 05)

“I am training you to . . . be a **channel**
of My loving Presence” (JC Mar 31)

“You have to hush the heart and bid all your senses be still . . .
when you wish to hold **Spirit-communication**” (GC Mar 10)

“I am pleased each time you initiate **communication with Me**”
(JC Nov 01)

©2018 BNES

Scripture quotations marked (KJV) are taken from the King James Version (KJV), public domain. Scripture quotations marked (ESV) are from the ESV® Bible (The Holy Bible, English Standard Version®), copyright © 2001 by Crossway, a publishing ministry of Good News Publishers. Used by permission. All rights reserved. May not copy or download more than 500 consecutive verses of the ESV Bible or more than one half of any book of the ESV Bible.

Readers of A. J. Russell's *God Calling* books and Sarah Young's *Jesus Calling* series may reject the idea of becoming a medium, channel, or psychic if it is put plainly before them. However, if it is introduced indirectly through Christian-sounding devotions, and if the spirit being channeled is called "Jesus," they might be more receptive.

The *God Calling* books and the *Jesus Calling* series teach the principles of mediumship with gentle, repetitive commands that are woven into the text and scattered throughout the books. Readers are progressively presented with meditation techniques that sound vaguely scriptural but are not actually found in the Bible. Devoted readers, consciously or not, may find themselves gradually embracing an Eastern model of religious devotion, characterized by a consistent list of imperatives:

1. Spend Time Alone
2. Sit in Silence
3. Sit Still
4. Relax
5. Open Your Hands
6. Breathe in Spirit
7. Repeat "Jesus"
8. Quiet Your Mind
9. Focus
10. Open Yourself
11. Invite
12. Feel the Presence
13. Absorb
14. Visualize "Jesus"
15. Listen
16. Converse
17. Think God Thoughts
18. Write If You Receive a Message
19. Transition
20. Channel Throughout the Day

The first few steps are innocuous in and of themselves. For example, sitting alone in a quiet place is a helpful way to pray or study the Bible. Taking a break and relaxing is sometimes good for the human body. Yet these practices, as well as the others on the list, are not taught in Scripture. They are taught instead by psychics as techniques for achieving a trance state for contacting spirit guides.

What about Psalm 46:10?

Psalm 46:10 is commonly taken out of context as a command to sit motionless and practice meditation. This interpretation is not supported by the surrounding verses:

The heathen raged, the kingdoms were moved:
he uttered his voice, the earth melted.
The LORD of hosts is with us;
the God of Jacob is our refuge.
Come, behold the works of the LORD,
what desolations he hath made in the earth.
He maketh wars to cease unto the end of the earth;
he breaketh the bow, and cutteth the spear in sunder;
he burneth the chariot in the fire.

Be still, and know that I am God:

I will be exalted among the heathen,
I will be exalted in the earth.
The LORD of hosts is with us;
the God of Jacob is our refuge. (Psalm 46:6-11 KJV)

Is meditation the most important duty?

Both *God Calling* and *Jesus Calling* elevate meditation time above every other spiritual practice:

the greatest work either of you can do, and are doing,
is done in this time apart with Me. (GC Feb 14)

Nothing is as important as spending time with Me.
(JC Mar 27)

If meditation time is the most important daily activity for a believer, then why didn't Jesus teach it when He was on earth? Why didn't Peter and Paul mention it—especially when they were anticipating death and writing urgent final instructions to their readers? (2 Peter 1:14; 2 Timothy 4:6)

The 20 Imperatives

The list of imperatives above is expanded in the following pages with over 800 quotations from the *God Calling* books and the *Jesus Calling* series. Quotation marks and initial ellipses are omitted for readability.

1. Spend Time Alone

Spend more time alone with Me.	(GC Feb 28)
The mystery of man's communion with Me lies in the beauty and wonder of its aloneness.	(GE Feb 01)
Spending time alone with Me is essential for your well-being.	(JC May 15)
Spending time alone with Me is so good for you . . .	(JA Dec 23)
Spending time alone with Me is the best way to develop . . .	(JC Jun 15)
Spending time alone with Me . . . enhances your connection . . .	(JA Sep 22)
Spending time with Me demonstrates that you really do trust . . .	(JT p. 178)
Spending quality time with Me is so good for you, beloved.	(JA Dec 10)
By spending time alone with Me , your awareness . . .	(JT p. 114)
Thus, spending time with Me is a wise investment.	(JC May 30)
This requires spending time alone with Me.	(JC Jun 02)
the discipline of spending time alone with Me.	(JC Apr 29)
Nothing is as important as spending time with Me.	(JC Mar 27)
Spend time allowing My Light to infuse your dreams with life . . .	(JC Dec 11)
Spend time allowing My Light to infuse your dreams with life . . .	(DJ p. 200)
Spend time basking in the Light of My Presence.	(JC Sep 23)
Spend time basking in the Light of My Presence . . .	(JA Mar 16)
Spend time basking in this holy Light, for My Face is shining . . .	(JA Aug 22)
Spend time enjoying My bright, loving Presence.	(JA Jul 05)
Spend time refreshing yourself in My Presence . . .	(JA Feb 13)
Spend ample time seeking My Face, beloved.	(JA Sep 10)
spend time with Me for the pure pleasure of being in My . . .	(JL p. 168)
Spend time with Me for the pure pleasure of being in My . . .	(JC Aug 27)
Spend time with Me for the pure pleasure of being in My . . .	(DJ p. 104)
Spend time with Me , cherished one . . .	(JA Nov 13)
Spend ample time with Me , presenting your requests . . .	(JA Jun 13)
Spend quality time with Me.	(JC Jan 12)
spend focused time with Me and pour out your heart to Me.	(JA Apr 24)
As you spend time with Me , the way before you opens up . . .	(JC Dec 14)
When you spend time with Me , I restore your sense of direction.	(JC Aug 29)
I long for you to spend time alone with Me.	(JA Oct 13)
To benefit fully . . . you need to spend ample time with Me.	(JA Mar 19)
In order to know My will, you must spend time with Me . . .	(JC Apr 23)

Take more time to be alone with Me .	(GC Feb 27)
Never miss these times .	(GC Feb 18)
never fail to keep this time apart with Me .	(GC Feb 14)
daily withdraw yourself to be alone with Me .	(GE Jan 02)
Get alone and immerse yourself in Me . . .	(JTDJ p. 66)
Take time to bask in My radiant Presence.	(JT p. 262)
Take time to bask in the Light of My Love.	(JC Mar 24)
Take time to bask in the Light of My loving Presence.	(JA Sep 04)
Take time to delve into the riches of My residing Presence.	(JC Feb 20)
Take time to enjoy My Presence.	(JA Aug 01)
Take time to explore the vast dimensions of My Love.	(JC Dec 24)
Take time to linger in My joyous Light . . .	(JA Aug 11)
Take time to rest in the Love-Light of My Presence.	(JC May 12)
Take time to rest with Me, beloved; relax while I bless you . . .	(JA Oct 27)
Take time to talk with Me and relax in My Presence.	(DJ p. 75)
Take time to think about the wonders of My infinite intelligence . . .	(JA Jul 31)
This time with Me is essential for untangling your thoughts . . .	(DJ p. 64)
This time alone with Me is essential for unscrambling your . . .	(JC Jul 01)
making time alone with Me your highest priority . . .	(JC Jul 17)
It's vital to set aside blocks of time for seeking My Face.	(JA Jun 27)
It is vital to set aside time for nourishing your heart.	(JA Feb 26)
It's crucial to take time with Me —enjoying My Presence . . .	(JA May 22)
Secure some time alone this evening . . .	(JCME Feb 14)
make space for time alone with Me .	(JC Jul 06)
This meditative time with Me blesses you doubly . . .	(JC Aug 28)
Carve out some time and space to talk with Me . . .	(JT p. 262)
Do not skimp on our time together.	(JC Jan 02)
Do not skimp on this time with Me , for I use it to strengthen . . .	(JT p. 298)
Savor these moments alone with Me .	(JA Feb 25)
Do not skimp on this vital time with Me .	(DJ p. 230)
You must fight to carve out time for Me.	(JA Jun 18)
This process requires blocks of time set aside . . . with Me .	(JC Dec 13)
you need substantial amounts of time soaking in the Light . . .	(JL p. 206)
Be willing to fight for this precious time with Me .	(JC Jul 01)
Bring Me the sacrifice of your precious time .	(JC May 30)
Allow Me to transform you through this time alone with Me .	(JC Aug 10)

2. Sit in Silence

Silence. Be silent before Me.	(GC Jan 17)
Wait in silence awhile, conscious of My presence . . .	(GC Feb 19)
Be quiet , be still . . .	(GC Sep 15)
Seek a silence of spirit-understanding with Me.	(GC Feb 27)
Cultivate silence . "God speaks in silences ."	(GC Jan 07)
when you are quiet before Me . . . Divine Spirit flows . . .	(GC Sep 29)
I may ask you to sit silent before Me . . .	(GC Dec 10)
Quietness is the classroom where you learn to hear My voice.	(JC Oct 30)
You need a buffer zone of silence around you in order to focus . . .	(JC Jun 15)
Many voices vie for control . . . when you sit in silence .	(JC Mar 03)
Learn to tune in to My living Presence by seeking Me in silence .	(JC Dec 24)
Wait quietly in My Presence.	(JCME Apr 07)
Wait quietly in My Presence while My thoughts form silently . . .	(JC Sep 21)
Sit quietly in My Love-Light, while I bless you with radiant Peace.	(JC Jun 03)
Sit quietly in My Presence while I bless you.	(JC Aug 05)
Sit quietly in My Presence, allowing My Light to soak into you . . .	(JC Oct 07)
Sit quietly in My Presence, breathing in My Peace . . .	(JA Jun 11)
Sit quietly in My Presence, letting My thoughts reprogram . . .	(JC Jul 09)
Sit quietly with Me, letting all your fears and worries bubble up . . .	(JC Nov 09)
Try sitting in a quiet place until you feel relaxed and calm.	(JA Dec 29)
Then sit quietly in My Presence while I comfort you . . .	(JA Jan 05)
Find a quiet place, away from the noise of the world . . .	(JCME Jun 26)
In this quiet hour, lay down your problems and lift your head . . .	(JCME Mar 15)
As you sit quietly in My Presence, I shine Peace into your . . .	(JC Mar 13)
As you sit quietly in My Presence, try thanking Me silently . . .	(JA Jun 28)
As you sit quietly in the Light of My Presence, you can sense . . .	(JC Nov 29)
As you sit quietly , let My Peace settle over you and enfold you . . .	(JC Feb 13)
create a quiet space where you and I can meet.	(JC Apr 04)
You need a quiet place in order to hear My voice.	(DJ p. 87)
Beginners need a quiet place in order to still their minds.	(JC Oct 30)
Spend some time in quietness —away from the television . . .	(JCME Feb 12)
Demonstrate your trust in Me by sitting quietly in My Presence.	(JC Aug 29)
It is also vital to find a place where you can sit quietly . . .	(DJ p. 184)
To experience the Joy of My Presence, you need to sit quietly . . .	(JT p. 72)

3. Sit Still

if you only sat still and longed for Me . . .	(GC Feb 16)
in that very stillness your strength will come . . .	(GC Sep 15)
There is indeed wonder in that stillness .	(GE Feb 01)
You have to hush the heart and bid all your senses be still . . .	(GC Mar 10)
Quieting your body is somewhat challenging for you . . .	(JT p. 76)
Even when your body is still , your mind tends to race . . .	(JA Jan 09)
Even when your body is still , your thoughts tend to go hither . . .	(JL p. 204)
It's much easier . . . when your body is still for a time . . .	(DJ p. 184)
Sit still in My holy Light while I cleanse you from binding webs . . .	(JL p. 44)
Sit still in My holy Light while I cleanse you from the wounds . . .	(JCME Oct 14)
Sit still in the Light of My Presence, and receive My Peace.	(JC Jan 25)
Be still and ask the Holy Spirit to take control of . . . thoughts.	(JTDJ p. 76)
Be still in My Presence, inviting Me to control your thoughts.	(JC May 31)
Be still in this holy Light, resting in the assurance of My . . . Love.	(JT p. 282)
Hold still —with dignity and confidence—while I crown you . . .	(JT p. 86)
Take time to be still in My Presence.	(JC Oct 13)
Take time to be still in My Presence, with your face upturned . . .	(JA Jul 21)
Take time to be still in My Presence so that I can strengthen you.	(JC Dec 27)
The practice of being still in My Presence is almost a lost art . . .	(JC Dec 01)
Why do you resist being still when the benefits are so great?	(JCDJ Mar 27)
Do not feel guilty about taking time to be still in My Presence.	(JC Jul 20)
Do not feel guilty about taking time to be still in My Presence.	(DJ p. 34)
Stillness is a rare commodity in this world.	(JA Jul 14)
Stillness is increasingly hard to come by in this restless . . . world.	(JA Jun 18)
Stillness of soul is increasingly rare in this world . . .	(JC Apr 04)
In stillness is where I strengthen you.	(JCDJ Dec 27)
In the stillness of this holy time with Me, I renew your strength . . .	(JC Aug 16)
You need stillness —outer and inner . . .	(DJ p. 81)
You need stillness —outer and inner.	(JL p. 104)
Rest in the stillness of My Presence while I prepare you . . .	(JC Apr 24)
it is this very stillness that enables you to experience My . . . Love.	(JC Dec 01)
I meet you in the stillness of your soul.	(JC Apr 04)
When you approach Me in stillness and in trust . . .	(JC Jun 15)
I can do My best handiwork when you sit in the stillness . . .	(JC Jun 30)

4. Relax

Relax , do not get tense, have no fear.	(GC Jan 15)
Unclasp your hands, relax . . .	(GC Apr 06)
Be still, be calm . Wait before Me.	(GC Feb 16)
Let the Sabbath calm enwrap your minds and hearts.	(GC Jun 25)
Withdraw into the calm of communion with Me.	(GC Mar 17)
This is your great task, to get calm in My Presence . . .	(GC Jan 26)
Relax , My child.	(JA Jan 26)
Relax deeply with Me . . .	(JA Oct 22)
Relax in My everlasting arms.	(JC Sep 27)
Relax in My healing Presence.	(JC Jan 02)
Relax in My healing, holy Presence.	(JC Jun 02)
Relax in My healing, holy Presence.	(JC Aug 10)
Relax in My holy Presence while My Face shines upon you.	(JC Oct 13)
Relax in My peaceful Presence.	(JC Jul 10)
Relax in My peaceful Presence, letting your concerns slip away.	(JA Jun 18)
Relax in My Presence.	(JCME Apr 29)
Relax in My Presence and entrust all your concerns to Me.	(JA Jan 06)
Relax in the assurance of My Love for you.	(JCDJ Sep 07)
Relax in the luxuriant folds of your magnificent robe.	(JC Aug 09)
Relax and listen to My Love whispering in your heart . . .	(JA Jun 15)
Relax with Me.	(JCDJ Jun 17)
Relax with Me and listen while I rejoice over you with singing.	(JT p. 258)
Relax with Me awhile, letting My loving Presence comfort you.	(JA Oct 25)
Relax with Me, putting aside problems so you can be attentive . . .	(JA Jan 10)
As you relax in My everlasting arms, sense how safe . . .	(JL p. 14)
Trust Me by relaxing and releasing your concerns . . .	(JL p. 272)
Let your body, mind, and spirit relax in My Presence.	(JC Nov 28)
As your mind stops racing, your body relaxes . . .	(JC May 24)
Try sitting in a quiet place until you feel relaxed and calm .	(JA Dec 29)
a place where you can sit quietly, letting your body relax .	(DJ p. 184)
Breathe in deep draughts of My calming Presence . . .	(JT p. 296)
As you settle . . . your restlessness yields to calmness .	(JA Mar 15)
your challenge is to retreat to a place of inner calmness . . .	(DJ p. 165)
Right now, as you rest in My Presence, breathe in My calm . . .	(JCDJ Feb 25)

5. Open Your Hands

Loosen your hold on earth, its care, its worries, even its joys. (GC Apr 06f)

Unclasp your hands, relax . . . Relinquish all . . .

Come with **outstretched hands** to receive. (GE May 23)

it is empty vessels I fill, into **open hands** that I place My supply. (GE Apr 13)

Open your hands and your heart to receive this day . . . (JC Jun 25)

Open your hands and your heart to receive this day gratefully. (JA Sep 13)

Hold out your hands and receive My cup of blessing! (JCDJ Nov 12)

Physically position . . . your hands to receive My Peace. (JCME Dec 03)

lift up **empty hands** of faith to receive all that I have for you. (JL p. 86)

Lift up **empty hands** of faith to receive My precious Presence. (JC Feb 06)

I love to fill **empty hands** to overflowing. (JCDJ Apr 27)

Intentionally **open your hands**, releasing the matter to Me . . . (DJ p. 40)

Intentionally **open your hands**, releasing your concerns to Me . . . (JL p. 156)

Let Me help you **open your hands** and receive all that I have . . . (JL p. 156)

Come to Me with **open hands** and heart, ready to receive . . . (JC Mar 23)

Come to Me with **empty hands** . . . ready to receive . . . (JC Apr 27)

Begin the day with **open hands** of faith, ready to receive all . . . (JC Apr 11)

Receive My blessings with **open hands**. (JC Oct 11)

As you relax . . . your grasping **hand** gradually **opens up** . . . (JC Mar 24)

Rather, hold them lightly—with **open hands** . . . (DJ p. 206)

So come to Me each morning with **open hands** . . . (JA Mar 31)

To receive My proffered gift, you must first **open your hands** . . . (DJ p. 127)

Sometimes My children hesitate to receive . . . with **open hands**. (JC Nov 12)



symbolize this release physically, by **opening both hands** . . .

Dear Jesus, p. 135

6. Breathe in Spirit

Breathe in My very Spirit in pure air and fervent desire.	(GC May 05)
Faith is the soul's breathing in of the Divine Spirit .	(GC Aug 17)
Wait before Me, gently breathing in My Spirit .	(GC Mar 13)
Breathe Me in with each breath.	(JC Feb 06)
Breathe Me in with each breath.	(JA Mar 30)
Breathe in the Peace of My Presence . . .	(JT p. 72)
Breathe in the Peace of My Presence . . .	(JCME Feb 09)
breathe in the rarified air of My holiness .	(JA Feb 03)
breathe in My calm and breathe out your controlling ways.	(JCDJ Feb 25)
Breathe in deep draughts of My calming Presence . . .	(JT p. 296)
Breathe deep draughts of My Presence . . .	(JC Jan 18)
breathe deeply to help yourself unwind.	(JA Jun 18)
Breathe slowly and deeply.	(JC Oct 13)
You may breathe these brief prayers as often as needed.	(JL p. 48)
Take a deep breath and dive into the depths of absolute trust . . .	(JC Jul 02)
Take a deep breath , and dive into the depths of absolute trust . . .	(DJ p. 228)
Take quiet, slow breaths while you focus your attention on Me.	(JL p. 266)
Take a few deep breaths and whisper My Name.	(JA Jul 13)
Take some deep breaths in My Presence . . .	(JA Aug 07)
Take some deep breaths , and fix your gaze on Me.	(JA Aug 09)
Trust Me with each breath you take.	(JT p. 122)
Refresh yourself . . . breathing deep draughts of My Presence .	(JC Jun 27)
As you slow down your breathing , you will find your thoughts . . .	(DJ p. 184)
Then rest with Me, slowly inhaling the beauty of My Presence .	(JA Feb 10)
Spend a few moments . . . breathing in the Joy of My Presence .	(JA Sep 07)
Sit quietly in My Presence, breathing in My Peace . . .	(JA Jun 11)
Then, take some slow, deep breaths so you can relax . . .	(JT p. 202)
I am closer than the very air you are breathing .	(JA Jan 27)
Stop for a moment and take some deep breaths .	(JA Nov 27)
Most people don't recognize the wonder of inhaling My Life . . .	(JA Jun 28)
Stop what you're doing and take some deep breaths .	(JA Jan 16)
I am always near you, closer than the air you're breathing .	(JA Aug 11)
As you sit . . . try thanking Me silently each time you inhale .	(JA Jun 28)
I am nearer than you dare believe, closer than the air you breathe .	(JC Aug 24)

7. Repeat “Jesus”

Use My Name often. Think of the unending call of “Mother” made by her children . . . Use My Name in that same way— simply, naturally, forcefully. “ Jesus. ”	(GC Sep 13)
Jesus. Say it often.	(GC Dec 31)
“ Jesus. ” Say My Name often.	(GC Jun 17)
My Name—“Jesus.” Use it more.	(GC Jun 17)
Call often My Name, “Jesus.”	(GC Nov 04)
Just breathe My Name.	(GC Aug 29)
Use My Name liberally . . .	(JC Feb 22)
Use My Name, “Jesus,” to reconnect with Me.	(JT p. 122)
My Name . . . you may use it freely to commune with Me . . .	(JL p. 284)
calling on My Name frequently . . .	(JL p. 34)
Whisper My Name, “Jesus,” in sweet remembrance of My . . .	(JA Aug 09)
Whisper My Name, “Jesus,” thus reactivating your awareness . . .	(JT p. 34)
You can whisper, “Jesus,” to help you stay focused.	(JT p. 172)
My followers can lovingly utter the word “ Jesus ” all day long . . .	(JA Mar 07)
Keep returning your thoughts to Me, by whispering “Jesus.”	(DJ p. 165)
Whisper My Name and wait in My sacred Presence.	(JT p. 250)
Whisper My Name, and invite Me into your difficulties.	(JA Nov 02)
whisper My Name in loving contentment.	(JT p. 108)
Whisper My Name in loving contentment . . .	(JC Jan 23)
Whisper My Name in loving tenderness.	(JC Dec 31)
whisper My Name in loving trust.	(JC Jul 12)
Whisper My Name in loving trust.	(JCDJ Jul 12)
Whisper My Name in tender trust, casting your doubts . . .	(JA Nov 14)
Whisper My Name in recognition that I am still with you.	(JC Aug 17)
Whisper My Name in remembrance that I am near . . .	(JA Apr 17)
Whisper My Name to reconnect your . . . mind to Me quickly.	(JA Apr 29)
Whisper My Name to remind you of My nearness.	(JA Jun 03)
Whisper My Name to remind yourself that I am always . . .	(JL p. 316)
Just whisper My Name.	(JCME Feb 07)
Take a few deep breaths and whisper My Name.	(JA Jul 13)
draw near Me at any time simply by whispering My Name.	(JT p. 234)
The . . . way to redirect your mind to me is to whisper My Name.	(JC Aug 25)

8. Quiet Your Mind

Empty your mind of all that limits. (GC May 05)
Turn out all **thoughts** of doubt and of trouble. (GC May 12)
Let the Sabbath **calm enwrap your minds** and hearts. (GC Jun 25)
Does one worrying **thought** enter your **mind** . . . Fight it at once. (GC Jan 17)

Your **mind** leaps from problem to problem to problem . . . (JC May 25)
Your **thoughts** play hopscotch—jumping from one problem to . . . (DJ p. 217)
You have a restless **mind**. It skips and scampers about . . . (JT p. 250)



Quiet your mind in My Presence. (JC Jul 31)
Quiet your mind in My Presence. (DJ p. 184)
Pry your **mind** away from your problems . . . (JC Feb 15)
My child, **quiet your mind** and I will give you My thoughts. (JCDJ Jul 09)
Give your **mind** a break from planning . . . (JC Jun 10)
Make your **mind like a still pool of water**, ready to receive . . . (JC Aug 05)
When your **mind** becomes **quiet** enough, listen . . . (DJ p. 185)
Ask My Spirit to **quiet your mind** . . . (JC Jul 09)
Ask My Spirit to **quiet your mind** so that you can hear . . . (JC Sep 21)
It's much easier to **tone down your thinking** when your body . . . (DJ p. 184)
Ask the Holy Spirit to **calm your mind** so that you can hear . . . (JT p. 96)
Instead of letting anxious **thoughts** roam freely . . . lasso them . . . (JA Jan 22)
Instead of just letting your **thoughts** run freely, direct them to Me. (JA Oct 17)
Anticipate some of the worry-**thoughts** . . . fend them off . . . (JTDJ p. 08)
When you seek My Face, put aside **thoughts** of everything else. (JC Jul 08)
Let everything else fade . . . This will **unclutter your mind** . . . (JC May 16)
Beginners need a quiet place in order to **still their minds**. (JC Oct 30)
Relegate troubles to the periphery of your **mind** . . . (JC Feb 21)
ask the Holy Spirit to take control of . . . runaway **thoughts**. (JTDJ p. 76)

9. Focus

My child, wait before Me . . . in this waiting time . . .	(GE Apr 29)
The eye of your soul will be focussed upon Me . . .	
Beloved, wait in My Presence . . . as you focus pleurably on Me .	(DJ p. 104)
Take quiet, slow breaths while you focus your attention on Me .	(JL p. 266)
wait in My Presence . . . as you focus pleurably on Me .	(JL p. 168)
Focus your entire being on My living Presence .	(JC Nov 10)
focus your attention on Me , your constant Companion.	(JC Jun 27)
focus your attention on My Presence with you.	(JC May 06)
focus on Me , the Shepherd who is leading you . . .	(JC Oct 18)
Focus on Me , and you will find Peace in My Presence.	(JC Mar 16)
Focus on Me . . . let My living Presence envelop you in Peace.	(JC Dec 14)
As you focus on Me and My bountiful blessings . . .	(JA Dec 29)
As you focus on My Presence , the demands of time . . .	(JC Jun 21)
return your focus to Me when your mind has wandered.	(JTDJ p. 226)
As you keep focusing on Me . . . Joy will rise up within you.	(JA Jun 30)
The more you focus on Me , the more access you have . . .	(JT p. 228)
The more you focus on Me , the more I can strengthen you.	(JA Jan 31)
The more you focus on Me and My blessings, the better . . .	(JA Nov 14)
As you spend time focusing on Me , you will grow . . . like Me.	(DJ p. 221)
As you persevere in focusing on Me , you reflect My Glory . . .	(JA Dec 14)
sit in the stillness . . . focusing your entire being on Me .	(JC Jun 30)
I also desire this time of focused attention . . .	(JC May 30)
I want you to bring your focus back to Me gently . . .	(DJ p. 66f)
You need to take time to focus on Me . . .	(JL p. 340)
The more time you spend focusing on Me , the more you will . . .	(JA Aug 27)
As you rest in My Presence, focusing on Me , I quietly build . . .	(JC Apr 24)
You need to set aside time for focusing on Me . . .	(JA Dec 08)
Close your eyes now, with only Me as your focus .	(JCDJ Mar 27)
You cooperate in this process by focusing on Me .	(JT p. 178)
If you use your mental energy to focus on Me , you will have no . . .	(DJ p. 195)
That's why it is so important to spend time focusing on Me . . .	(JA Mar 14)
Discipline yourself to wait eagerly—with your focus on Me . . .	(JT p. 146)
train your mind to turn from other things and focus on Me .	(JA Jan 07)
Spend some time in quietness . . . to restore your focus to Me .	(JCME Feb 12)

10. Open Yourself

The consciousness of Me means the	(GC Sep 08)
opening of your whole nature to Me . . .	
Keep . . . the window of your soul open towards Me.	(GC May 05)
Open your soul to receive the full spectrum of these Glory-beams.	(JL p. 178)
As you open your soul to Me . . .	(JL p. 206)
Open yourself to My Presence.	(JCDJ Nov 05)
Open yourself to My loving Presence.	(DJ p. 223)
Open yourself to My loving Presence . . .	(JC Aug 11)
Open yourself to My radiant Presence, letting My Light . . .	(JC Apr 21)
Open yourself fully to My Presence . . .	(JC Dec 25)
Open yourself fully to My transforming Presence.	(JC Jul 28)
open yourself fully—heart, mind, and spirit . . .	(JA Oct 19)
Open yourself more fully to Me and My way for you.	(JA Apr 09)
As you open yourself to My healing Presence, I fill you . . .	(JL p. 22)
As you open yourself to My compassionate Presence . . .	(JL p. 218)
Will you open yourself to Me?	(JTDJ p. 116)
be real with Me . . . opening yourself fully to Me.	(JA Jan 14)
I am delighted when you open yourself to My loving Presence.	(JC Apr 08)
You need to spend ample time with Me, opening yourself fully . . .	(JL p. 206)
Open your heart to receive this amazing gift in full measure.	(JL p. 318)
Open your heart to receive vast quantities of His Love.	(JL p. 28f)
Open your heart to My healing, holy Presence.	(JA Oct 27)
Open your heart to Me so that I may bless You with My Peace.	(JCDJ Jan 14)
Open your heart and mind also, as you lift your hands to Me.	(DJ p. 41)
Open your heart and mind as well, as you lift your hands to Me.	(JL p. 156)
Open your heart and mind to receive all that I have for you.	(JC Jan 14)
Open your heart and soul to Me , and let the joyous . . .	(JL p. 86)
Open wide your heart and mind to receive more . . . of Me.	(JC Jul 08)
Open wide your heart, mind, and spirit to receive Me . . .	(JA Dec 27)
Open wide your heart, mind, and spirit to receive My richest . . .	(JA Mar 14)
Let down your guard . . .	(JCME Feb 08)
You can let down your guard with Me . . .	(JT p. 298)
Come to Me with your defenses down . . .	(JC Oct 19)
Come to Me in all your neediness, with defenses down . . .	(JC Dec 08)

11. Invite

I wait, wait with a hungry longing to be called upon . . .	(GC Jan 19)
I am here, your waiting Lord, ready at your call .	(GC Apr 03)
Walk with Me, talk with Me, invite Me to be your guest . . .	(GE Nov 09)
I stand silently in the background of your mind, waiting for you to remember that I am with you.	(JC May 25)
I am waiting for you to let Me back in .	(JCDJ May 25)
My Spirit . . . waits to be invited .	(JL p. 232)
I am with you . . . waiting for you to recall My Presence.	(DJ p. 129)
I am all around you, hovering over you even as you seek My Face.	(JC Aug 24)
I am ever so near you, hovering over your shoulder . . .	(JC Feb 12)
Invite Me into your thoughts by whispering My Name.	(JC Jun 29)
Invite Me into your thoughts by whispering My Name.	(DJ p. 72)
Invite me into your thoughts by whispering My Name . . .	(JL p. 34)
invite Me into your awareness, brightening the atmosphere . . .	(JT p. 36)
Invite Me into this process of deliberation . . .	(JL p. 72)
Invite Me into those broken places . . .	(JA May 19)
Invite Me into whatever you are engaged in.	(JA May 01)
Invite Me into your moments by talking with Me . . .	(JA Apr 16)
Invite Me into the circumstances of this day.	(JCDJ Dec 07)
Invite Me into the very circumstances that are intimidating you . . .	(JT p. 338)
Invite Me into your struggles.	(JL p. 346)
Invite Me to have My way in your life.	(JA May 09)
Invite Me to enter into your circumstances . . .	(JA May 08)
Invite Me to enter into your struggles—to be ever so close to you.	(JT p. 190)
Invite Me to fill you up to the full with My limitless Love.	(JA Apr 30)
Invite Me to permeate your moments with My Presence.	(JA Jan 31)
Then invite Me in .	(JTDJ p. 190)
Thus you invite Me into every aspect of your Life.	(JC Apr 13)
The more you invite Him into your life, the healthier . . .	(JL p. 232)
I encourage you to invite Me into everything you do.	(JA Apr 20)
Shut out the world and invite Me in .	(JCDJ Sep 19)
Whisper My Name, and invite Me into your difficulties.	(JA Nov 02)
How many rooms have you invited Me to live in?	(JCDJ Mar 02)
As you face your circumstances . . . invite Me to enter into them.	(JL p. 298)

12. Feel the Presence

feel My Presence in and round you.	(GE May 08)
Feel conscious of My Presence . Earth has no greater joy . . .	(GC Apr 05)
I AM beside you. Can you not feel My Presence ?	(GC Apr 27)
But these times . . . are times of feeling and realizing My Presence .	(GC Apr 23)
Feel My tender nearness . . .	(GC Dec 19)
Just feel the tenderness of My Hands as I bind up your wounds.	(GC May 15)
your being enwrapped by the Divine Spirit.	(GC Aug 17)
My touch . . . Just feel that touch. Sense My Presence . . .	(GC Feb 27)
irradiating all your lives with the warm sun of My Presence . . .	(GC Apr 06)
I lay My Loving Hands on you . . . feel their tender pressure.	(GC Apr 06)
a thrill of Joy follows, a real, and a joyful sense of nearness .	(GC Nov 04)
feel the Light of My Presence shining upon you.	(JC Oct 23)
Feel the Light of My Presence shining upon you and within you.	(DJ p. 88)
Feel your face tingle as you bask in My Love-Light.	(JC Sep 07)
feel the embrace of My everlasting Love.	(JCME Nov 02)
feel My pleasure shining on you at such times.	(JA Sep 17)
feel My Life flowing into you.	(JA Feb 10)
feel the warmth of My Love-Light shining upon you.	(JC Sep 23)
Feel the warmth . . . of being enveloped in My loving Presence .	(JC Dec 12)
Enjoy the warmth of My Presence shining upon you.	(JC Sep 07)
rest in the warmth of My Love-Light . . .	(JA Nov 05)
Let Me enfold you in My compassionate embrace .	(JL p. 266)
Let Me wrap you up in My abiding Presence . . .	(JA Apr 29)
Rest in My embrace for a while, enjoying the nurturing . . .	(JA Oct 17)
Let My Love enfold you in the radiance of My Glory.	(JC Jan 25)
let My Peace . . . enfold you in My loving Presence .	(JC Feb 13)
Let My tenderness embrace you . . .	(JA Feb 20)
let My living Presence envelop you in Peace.	(JC Dec 14)
Let My joyous Presence envelop you . . .	(JA Feb 03)
Let My everlasting arms enfold you in Peace.	(JA Apr 11)
Rest in Me, My child, and enjoy the gentle kiss of My Presence .	(JT p. 292)
To sense my nearness , try closing your hand as if you're holding . . .	(JA Oct 12)
you sense My Presence and feel yourself drawing closer to Me.	(JL p. 34)
Be blessed by . . . My tender nearness . . .	(JA Dec 18)

13. Absorb

absorb <u>the Divine</u> , and absorbing gain strength . . .	(GC Nov 30)
Absorb <u>My Life</u> , and evil will remain without.	(GE Oct 21)
you will absorb that <u>Love</u> until it permeates your whole being . . .	(GE Apr 19)
Let <u>My Spirit</u> of Calm enter your being . . . filling you with Peace . . .	(GE Aug 28)
This, <u>My Spirit</u> , must be absorbed . . . in the quiet alone-times . . .	(GE Nov 02)
That <u>Spirit</u> which, if given a free entrance . . .	(GC Mar 13)
The more of <u>Me</u> you absorb , the more peaceful you will be.	(JA Mar 30)
How will you prepare your heart to absorb <u>My Love</u> . . . ?	(JCDJ Oct 23)
Take time . . . with your face upturned to absorb <u>My radiance</u> .	(JA Jul 21)
Shimmering hues of <u>radiance</u> tap gently . . . seeking entrance .	(JC Jan 08)
Soak in <u>My Love</u> and <u>Peace</u> now . . .	(JCME Apr 02)
Come, soak in <u>My Presence</u> .	(JCDJ Jul 01)
As you soak in this <u>Love-drenched Light</u> , I give you strength . . .	(JA Dec 09)
Let <u>My Light</u> soak into your mind and heart . . .	(JC May 31)
It's time for you to soak in the <u>Light of My Presence</u> .	(JCDJ Apr 02)
Let <u>My delight</u> in you soak into the depths of your being . . .	(JA May 08)
Let these <u>healing rays</u> soak deep into your being.	(DJ p. 88)
Let these <u>healing rays</u> soak deep into your being: blessing you . . .	(JL p. 326)
Let this <u>heavenly Light</u> soak into you . . .	(JA Dec 27)
let the <u>Light of My Love</u> soak into your inner being.	(JA Apr 03)
Let the <u>Light of My Love</u> soak into your entire being.	(DJ p. 12)
As these <u>divine nutrients</u> soak into the depths of your being . . .	(JT p. 116)
relax . . . and take time to soak in this <u>luminous Love</u> .	(JT p. 258)
Let <u>My gold-tinged Love</u> . . . soak into the depths of your being.	(JC Oct 23)
Let the <u>Light of My Presence</u> soak into you . . .	(JC Jan 02)
Let the <u>radiance of My Love</u> . . . soak into the depths of your being.	(JA Feb 25)
letting the <u>Glory of My Presence</u> soak into you.	(JA Aug 07)
Take time to let this <u>powerful Love</u> soak in deeply . . .	(JA Jan 14)
Refresh yourself . . . letting <u>My Love</u> soak into your innermost being.	(JA Jan 10)
relax . . . and let the <u>Light of My Love</u> soak into your entire being.	(JL p. 78)
Taking time to bask in <u>My Love-Light</u> , soaking in <u>My radiance</u> . . .	(JA Jul 21)
For as long as you need, sit here with Me and soak in <u>My Love</u> .	(JCME Sep 15)
Linger a while in My Presence, letting <u>My Love</u> soak into your soul.	(JL p. 32)
Sit quietly in My Presence, allowing <u>My Light</u> to soak into you . . .	(JC Oct 07)

Look, and **into you** there **flows** a peace . . . a Power . . . a Joy . . . (GC May 18)
 the Divine Life . . . **flows into your being** . . . (GC Jun 23)
 when you are quiet . . . Divine Spirit **flows** . . . **into your very beings**. (GC Sep 29)
 My Kingdom . . . enjoy and **receive** the wonders of that Kingdom. (GC Jun 07)

Love **flows into you** . . . (JL p. 218)
My Peace **flows into you**. (JC Mar 22)
My Power **flows** freely **into you** . . . (JC Jan 31)
My very Life **flows into you**. (DJ p. 250)
Joy and Peace. They **flow into you** as you sit quietly . . . (JT p. 52)
 opening the way for My riches to **flow into you**. (JC Nov 21)
 let the joyous abundance of My Presence **flow into you**. (JL p. 86)
 As I am refreshing you, relax and feel My Life **flowing into you**. (JA Feb 10)
Receive My Glory-strength. (JA Jun 10)
receive the full spectrum of these Glory-beams. (JL p. 178)
 Look up and **receive** all that I have for you. (JA Mar 14)
 As you open your heart to **receive** this Love-flow . . . (JL p. 174)
 lift up wide-open arms to Me, **receiving** Joy, Peace . . . Love. (JCME Feb 08)
 Intentionally open your hands . . . lift your hands to Me. You are (DJ p. 40f)
 now in a good position to **receive** many blessings from Me . . .
 Open your arms and your heart—to **receive** My delight in full . . . (JT p. 282)
 Lift up wide-open arms . . . Be prepared to **receive** abundantly . . . (JT p. 298)
 I pour My very Life into you, and all you have to do is **receive** Me. (JC Mar 14)
 lift your wide-open arms up toward Me—as if you were celebrating (JL p. 50)
 a triumphant moment in your life. This posture expresses
 exultant Joy, and I respond by **filling your soul** with more Joy.



14. Visualize “Jesus”

Picture Me , your Lord.	(GE Jan 25)
Behold Me , the Lord of your life.	(GE Jan 26)
My followers who see me with the <u>eyes of faith</u> .	(GE Mar 29)
The calling of My Name . . . removes, as it were, the scales from your eyes, and you see Me .	(GC Nov 04)
Keep the <u>eye of your spirit</u> ever upon Me . . .	(GC May 05)
Visualize yourself holding onto My hand as you walk.	(JA Aug 28)
Now picture Me standing before you with open arms.	(JCDJ Jan 21)
What image comes to mind when you think about My continual . . .	(JCDJ Oct 17)
try to imagine Me cutting the chains from your legs.	(JA Aug 18)
When you behold My Face , you rise above circumstances . . .	(JC Feb 08)
Have you ever pictured Me as your strong tower?	(JTDJ p. 172)
include Me in any imagery that comes to mind.	(JC Oct 17)
make the effort to include Me in that imagery .	(JL p. 332)
Place Me at the center of your existence. . . picture it in your mind.	(JCME Sep 11)
See Me smiling on you in radiant approval.	(JA Apr 10)
See Me smiling down on you in radiant approval.	(JL p. 336)
See Me beckoning to you: Come! Follow Me.	(JC Mar 06)
See Me beckoning you on . . . all the way to heaven.	(JT p. 18)
“See” Me standing nearby, with My strong arm extended . . .	(JT p. 166)
seek to see Me looking at you.	(JA Nov 08)
you must see Me through <u>eyes of faith</u> .	(JC May 19)
But you must “see” Me with the <u>eyes of your heart</u> . . .	(JA Jun 11)
enabling you to see Me more clearly.	(JA Feb 24)
you can find Me— “see” Me —as you journey through this life.	(JA Dec 22)
you can look up and see Me smiling upon you.	(DJ p. 210)
Through <u>eyes of faith</u> , see Me on the path before you, beckoning . . .	(JT p. 90)
In your mind’s eye, do you see Me standing nearby . . . ?	(JCME Jan 05)
Lift up your eyes to Me, and see Me shining brightly . . .	(JL p. 258)
your vision improves and you can see Me more clearly.	(JL p. 12)
broaden your perspective so you can “see” Me there alongside . . .	(DJ p. 215)
Open up the <u>eyes of your heart</u> . Where do you see Me ?	(JCDJ Jul 18)
Invite Me to open the <u>eyes of your heart</u> so you can “see” Me . . .	(JA Mar 03)
Ask Me to open the <u>eyes of your heart</u> so that you can “see” Me . . .	(JA Jun 27)

Look up into My Face . . .	(GC May 30)
Look unto Me until your gaze becomes so intense . . .	(GE Aug 15)
the look into My face of the lover beholding the Beloved.	(GE Nov 22)
Look into My Face and feel the warmth of My Love-Light . . .	(JC Sep 23)
Look into My Face and see the great Love I have for you.	(JL p. 44)
Look up to Me and see My Face shining down upon you.	(JT p. 80)
Look up to Me through <u>eyes of faith</u> , and see My Face shining . . .	(JL p. 294)
Look into My eyes and see for yourself: I love you . . .	(JCME Sep 13)
Then look to Me through <u>eyes of faith</u> .	(JL p. 66)
Then, look to Me through <u>eyes of faith</u> .	(DJ p. 62)
I urge you to take many looks at Me . . .	(JA Feb 06)
you need to take multiple looks at Me .	(JA Dec 06)
You are radiant, especially when you are looking at Me .	(JA Apr 27)
Gaze at Me in silent adoration.	(JC Dec 22)
Gaze at Me in the splendor of holiness . . .	(JC Jun 09)
Gaze at Me in childlike trust, resting in My Presence.	(JA Mar 30)
Gaze into My eyes , and you will see no condemnation . . .	(JC Sep 15)
As you gaze at My Face , the Light . . . shines upon you!	(JA Sep 04)
As you gaze upon My radiant perfection . . .	(JL p. 290)
As you gaze at Me through the <u>eyes of your heart</u> . . .	(JC Jan 28)
While you gaze at Me , your panic begins to subside . . .	(DJ p. 217)
discover Me gazing lovingly back at you.	(JC Oct 08)
The longer you gaze at Me , the more you can rejoice . . .	(JA Jun 18)
So relax a bit and gaze lovingly at Me .	(JT p. 248)
close your eyes and gaze at who I am.	(JA Feb 26)
Continue this practice of gazing at Me . . .	(JA Jul 02)
look away from yourself and gaze at Me in My awesome splendor.	(DJ p. 18)
You are radiant, especially when you are gazing at Me .	(JL p. 228)
You also look radiant, especially when you are gazing at Me .	(DJ p. 84f)
A quick glance at Me is all you need to make the right choice.	(JC Nov 06)
the briefest glance can connect you with Me.	(JC Oct 16)
So a simple glance at Me , made in faith, is enough to connect . . .	(DJ p. 196)
I rejoice when you glance My way.	(JC Jun 25)
Share a secret smile with Me, knowing that I understand.	(JC Jan 23)
Then look to Me for My heavenly smile of approval.	(JCME Jun 30)
The nearer you are . . . the better you can see My smile of approval.	(DJ p. 133)

15. Listen

Listen to Me and I will speak.	(GC Feb 05)
Listen to My Voice.	(GC Jun 05)
Listen to My Voice , eagerly, joyfully.	(GC Jan 11)
Listen, listen, listen to My Voice.	(GC May 08)
Listen and you will never be disappointed.	(GC Jun 05)
Keep, keep that listening ear.	(GC Oct 21)
But as you go on . . . listening to Me . . . you will see how glorious, how marvellous My revelations are . . .	(GC Jan 14)
Listen to Me!	(JC Mar 31)
Listen to Me!	(JC Jul 06)
Listen to Me!	(JL p. 294)
Listen to Me and live abundantly!	(JC Apr 22)
Listen to Me above the clamor of voices trying to distract you.	(JC Jul 06)
Listen to Me , for this is the way of Peace.	(JL p. 294)
Listen for Me above the storm.	(JCME Aug 30)
Listen more to Me , and less to your doubts.	(JC Feb 29)
Turn off the TV and listen to Me .	(JCDJ Apr 20)
your conscience . . . listen less to it and more to Me . . .	(JL p. 100)
Everyone on the side of truth listens to Me .	(JA Dec 13)
Listen to My voice.	(JA Mar 12)
Take time to listen to My voice .	(JC Dec 04)
I want you to love Me, listen to My voice , and hold fast to Me . . .	(JT p. 16)
Listen as I call back to you—words of warning and wisdom . . .	(JA Jul 24)
Listen to the love song that I am continually singing to you.	(JC Mar 15)
If you listen attentively, I will whisper some ideas in your mind.	(DJ p. 227)
Relax and listen to My Love whispering in your heart . . .	(JA Jun 15)
Come to Me and listen!	(JC Sep 26)
Find a quiet place . . . where you can listen in My Presence . . .	(JCME Jun 26)
listening to Me is so vital for your well-being.	(JC Jun 19)
Listening to Me is the way of wisdom.	(JL p. 294)
Listening to Me . . . requires discipline and trust.	(JT p. 96)
Keep listening , beloved.	(JCDJ Dec 04)
When . . . listening to Me . . . begin with prayer for protection.	(DJ p. 220)
There is immense hidden treasure . . . through listening to Me .	(JC Mar 15)

strain your ear to catch Heaven's music. (GC May 09)

Many, many in the world cry to Me, but oh! how few wait (GC Mar 01)

hear Me speak to them and yet to the soul, My speaking
to it matters so much. My words are Life. Think then, to
hear Me speak is to find Life, and healing and strength.

Train the listening ear to **hear Me**. (GE Oct 09)

I am telling you truths . . . **Hear Me**. (GC Mar 16)

But to you, and the twos who gather to **hear Me** as you do, (GC Apr 14)

I can declare those things now, that then I left unsaid.

Heaven's bells . . . **strain to hear** those glorious bells . . . (JC Oct 30)

Sometimes He enables you to **hear Me "speak"** directly to you. (JC Dec 04)

hear Me whispering "I am with you" throughout the day. (JA Dec 23)

hear Me saying, "Come to Me." (JT p. 250)

hear Me saying, "Beloved, I am your Joy!" (JA Jan 02)

hear Me saying, "Do not fear; I will help you." (JA Oct 22)

Hear Me saying, "Do not be afraid, beloved. I am here . . . " (JA Jul 03)

Hear Me saying, "I am with you. I love you. I will never leave . . . " (JT p. 330)

Hear Me saying, "Peace, be still!" to your restless heart. (DJ p. 86)

Hear Me saying, "Take courage! It is I. Don't be afraid." (JT p. 96)

Hear Me saying time after time, "Look the right way." (JT p. 20)

Hear Me saying soothing words of Peace . . . (JC Mar 19)

Hear My soothing words of Peace and Love. (JCDJ Mar 19)

Hear My invitation calling out: "Come to Me . . . " (JA Apr 14)

You **hear Me** in the depths of your being. (JC Aug 08)

Do you **hear Me** calling you higher . . . ? (JTDJ p. 218)

Do you **hear Me** singing over you with Love? (JCME Apr 29)

Do you **hear Me** singing My Song to you, beloved? (JCDJ Jun 11)

Are you **hearing My** voice? (JCME Aug 30)

you can **hear My** gentle whispers in your heart. (JT p. 330)

Listen and **hear Me** singing songs of Joy . . . (JA Mar 14)

You are blessed to **hear Me** so directly. (JC Aug 08)

It is vital for you to **hear Me** accurately and consistently. (JL p. 294)

Yet I want to help you **hear My** gentle whispers in your heart. (JL p. 104)

You need stillness . . . to **hear My** gentle whispers in your heart. (DJ p. 81)

Close your eyes . . . What do you **hear Me** saying to you? (JCDJ Mar 27)

Tune out other voices, so that you can **hear Me** more clearly. (JC Mar 31)

16. Converse

Oh! <u>Joy</u> that I am with you. For this I came to earth, to lead man back to spirit-converse with his God.	(GC Feb 14)
the <u>ecstasy</u> , the wonder, of spirit-communication as you know it.	(GC Mar 02)
Your five senses . . . you must sever all connection with them, when you wish to hold Spirit-communication .	(GC Mar 10)
Life knows no greater <u>joy</u> than . . . in converse . . . with Me .	(GC Mar 17)
You do not know all that this time of converse with Me will mean to you.	(GC Mar 14)
conversations with Me will radically change the way you think.	(JA Apr 16)
As you converse with Me , the weight of your burden shifts . . .	(DJ p. 123)
After all, you are conversing with Me . . . this very moment.	(DJ p. 91)
turn your thoughts into conversation with Me .	(DJ p. 123)
choose to make your thoughts a conversation with Me .	(DJ p. 53)
Make more and more of your thoughts a conversation with Me .	(JL p. 210)
As you stay in dialogue with Me , I help you handle whatever . . .	(JT p. 16)
making your thoughts a dialogue with Me .	(JC Oct 17)
change your thinking from a monologue to a dialogue . . .	(JL p. 210)
communion with Me . . . <u>Joy</u> . . . fireworks of heavenly <u>ecstasy</u> .	(JC Jul 08)
Start communicating with Me about whatever is on your mind.	(JT p. 188)
As you commune with Me . . . express all your concerns.	(DJ p. 238)
Stay in <u>joyful communication with Me</u> . . .	(JA Jun 07)
Be still . . . while I commune with you in holy whispers.	(DJ p. 81)
Each time you . . . communicate with Me , you achieve a victory.	(JC Nov 01)
Relish the privilege . . . to commune with Me . I am listening . . .	(JCME Nov 12)
Enjoy My nearness, beloved, and communicate with Me .	(JA Feb 15)
I am pleased each time you initiate communication with Me .	(JC Nov 01)
set aside some time to focus just on communicating with Me .	(JA Sep 16)
Discuss everything with Me .	(JC May 08)
Let's discuss what I can do to help you.	(JCDJ Mar 12)
Let's discuss those areas where it is flagging.	(JTDJ p. 178)
Let's prepare by discussing how you can avoid playing it too safe.	(JCDJ Dec 09)
take the time to first discuss matters with Me . . .	(JL p. 36)
Invite the Spirit to help you as you discuss your difficulties with Me .	(JA Mar 21)
Let the Light . . . shine upon you, as we discuss these matters.	(DJ p. 47)

Talk to Me.	(GC Sep 12)
Talk to Me. Let Me talk to you . . .	(GC Nov 26)
Speak to Me.	(GC Sep 03)
Speak to Me <u>about everything</u> .	(GC Dec 19)
I speak to you , My loved ones, to-day.	(GC Aug 21)
Very quietly I speak .	(GC Jun 05)
To the listening ear I speak , to the waiting heart I come.	(GC Feb 06)
Talk to Me about your difficulties.	(JCDJ Aug 12)
Talk to Me about the weight you are carrying . . .	(JTDJ p. 166)
Talk to Me about the thoughts that distract you from Me.	(JCDJ Jan 30)
In faith, talk to Me about your thoughts and feelings . . .	(JA May 12)
You may talk to Me as much as you like about the difficulty . . .	(JC Oct 09)
Don't be afraid; talk to Me about what prevents you from fully . . .	(JCDJ Mar 10)
Talk with Me <u>about everything</u> . . .	(JC Dec 11)
Talk with Me <u>about everything</u> that concerns you . . .	(DJ p. 175)
Speak to Me candidly; pour out your heart.	(JC Jan 11)
Speak to Me in glowing terms about the many good gifts . . .	(JA Nov 27)
Speak to Me in love-tones; prepare to receive My Love . . .	(JC Apr 08)
Speak to Me in this hour, knowing that I hear and I care.	(JCME Sep 06)
Speak to Me now about the . . . concerns of your heart . . .	(JTDJ p. 212)
Seek My Face, speak to Me , and I will light up your mind.	(JC Feb 02)
As soon as you become aware . . . you need to speak to Me .	(DJ p. 135)
I speak softly in the depths of your spirit . . .	(JC Jun 20)
I speak graciously to your heart, assuring you of My unfailing Love.	(JL p. 132)
I speak in the language of Love . . .	(JC Dec 16)
I speak to you in holy whispers.	(JC Sep 21)
I speak to you in gentle whispers.	(JL p. 187)
I speak to you in love-tones, lifting you up.	(JC Mar 19)
I speak to you from deepest heaven.	(JC Aug 08)
I speak to you from the depths of eternity.	(JC Dec 24)
I speak to you from the depths of your being.	(JC Mar 19)
I always speak to you by name.	(JT p. 206)
I am speaking to you of My plans for this day.	(JCDJ Apr 22)
I am speaking to you continually: words of Life . . . Peace . . . Love.	(JC Sep 21)
I am whispering My truths to your heart.	(JTDJ p. 330)
If you listen attentively, I will whisper some ideas in your mind.	(DJ p. 227)

17. Think God Thoughts

Looking to Me all your thoughts are God-inspired . Act on them and you will be led on. They are not your own impulses but the movement of My Spirit and, obeyed, will bring the answer to your prayers.	(GC Jun 13)
The Walls of Jericho fell down. Was it axes or human implements that brought them down? Rather the Songs of Praise of the people and My Thought carried out in action.	(GC Feb 03)
Make your mind like a still pool of water, ready to receive whatever thoughts I drop into it .	(JC Aug 05)
My thoughts form silently in the depths of your being.	(JC Sep 21)
As My thoughts gradually form in your mind . . . write them down.	(DJ p. 221)
Let My thoughts burst freely upon your consciousness . . .	(JC Jun 30)
How have My thoughts changed your thinking?	(JCDJ Dec 04)
Seek to think My thoughts more and more.	(JA Apr 11)
Sit quietly . . . letting My thoughts reprogram your thinking.	(JC Jul 09)
Let Me help you think My thoughts .	(JL p. 120)
As you spend time . . . My thoughts gradually form in your mind.	(JC Dec 04)
As you spend time . . . My thoughts gradually form in your mind.	(DJ p. 220)
Ask Me to help you think My thoughts . . .	(DJ p. 64)
I am training you to think My thoughts .	(JC Dec 04)
increased freedom to think My thoughts and commune deeply . . .	(DJ p. 231)
One way . . . is to help you think My thoughts .	(JA Jan 20)
As you open up to Me, I will put My thoughts in your mind . . .	(JC Oct 09)
As you open up to Me, I will put My thoughts in your mind . . .	(JL p. 120)
giving Me time to help you think My thoughts .	(JL p. 204)
Communicate with Me . . . I will put My thoughts into your mind.	(JC Sep 03)
I'm pleased that you desire to think My thoughts .	(DJ p. 221)
Ask the Holy Spirit to help you think My thoughts .	(JL p. 38)
Thankfulness opens . . . your mind to My thoughts .	(JC Nov 24)
quiet your mind so that you can think My thoughts .	(JC Jul 09)
Then, ask My Spirit to . . . help you think My thoughts .	(JL p. 147)
As you listen . . . I guide your mind to think My thoughts .	(DJ p. 87)
My child, quiet your mind and I will give you My thoughts .	(JCDJ Jul 09)
My Spirit, who lives within you, helps you to think My thoughts .	(JC Feb 12)

I control your thoughts . . .	(GE Mar 30)
You are Mine. Mine to control . . .	(GE Dec 08)
aim increasingly at control by My Spirit.	(GE Feb 25)
Each individual was meant . . . to act under Divine control . . .	(GC Jul 20)
Be still in My Presence, inviting Me to control your thoughts.	(JC May 31)
ask the Holy Spirit to take control of all your . . . thoughts.	(JTDJ p. 76)
Let Me infuse My Presence into your thoughts.	(JC May 24)
Ask My Spirit . . . to . . . control your thoughts . . .	(JC Feb 05)
When My Spirit is controlling your thoughts . . .	(JL p. 232)
Rest deeply while I massage your thoughts . . .	(DJ p. 12)
Ask the Holy Spirit to control your thinking . . .	(JC May 27)
when My Spirit is controlling your thinking . . .	(JL p. 112)
letting My Light permeate your thinking.	(JC Apr 21)
Let Me control your mind.	(JC Apr 21)
Ask Him to control your mind . . .	(JC Jun 11)
Ask Him to control your mind . . .	(JT p. 76)
The more He controls your mind . . .	(JL p. 38)
ask My Spirit to control your mind.	(DJ p. 31)
ask My Spirit to control your mind.	(JL p. 98)
ask My Spirit to control your mind . . .	(JL p. 147)
Ask My Spirit to control your mind . . .	(JC Jan 06)
Ask My Spirit to control your mind . . .	(JC Jul 06)
Ask My Spirit to control your mind . . .	(JCDJ Jul 06)
As the Holy Spirit controls your mind . . .	(JC Jun 30)
As the Holy Spirit controls your mind . . .	(DJ p. 114)
As the Holy Spirit controls your mind . . .	(JL p. 112)
Let the Spirit take charge of your mind . . .	(JC Mar 19)
Ask the Holy Spirit to control your mind . . .	(JT p. 124)
When My Spirit is controlling your mind . . .	(JC Apr 21)
As you allow Him, He will control your mind.	(DJ p. 39)
Ask the Holy Spirit to help you; invite Him to control your mind.	(JL p. 80)
Ask Him to think through you . . .	(JC Oct 31)
Ask the Spirit to think and speak through you.	(JL p. 232)
pray: "Holy Spirit, think through me . . . "	(JA Apr 05)
Ask the Holy Spirit to . . . think through you . . .	(JT p. 124)
I encourage you to pray, "Holy Spirit, think through me . . . "	(JL p. 112)

18. Write If You Receive a Message

Each servant of Mine should regard himself as an outpost (GE Feb 21)

for **My Truths**, where he must be prepared to
receive My Messages, and to signal them on.

Write for all things are now ready. The world is waiting for (GE Jan 01)

My Message of Love, and Hope and Cheer.

I am whispering **My truths** to your heart. (JTDJ p. 330)

I am speaking to you continually: words of Life . . . Peace . . . Love. (JC Sep 21)

Tune your heart to **receive these messages** . . .

Your part is to be attentive to **My messages**, in whatever form (JC Jul 25)

they come. . . Search for Me and **My messages** . . .

Write down any insights I give you as you consult with Me. (JCDJ Jun 23)

My child, quiet your mind and I will give you My thoughts. (JCDJ Jul 09)

Write about how I am renewing your mind . . .

As My thoughts gradually form in your mind, you may find it (DJ p. 221)

helpful to **write them down**.

ask Me: Jesus, what is the next step You have for Me? Then (JCDJ Nov 04)

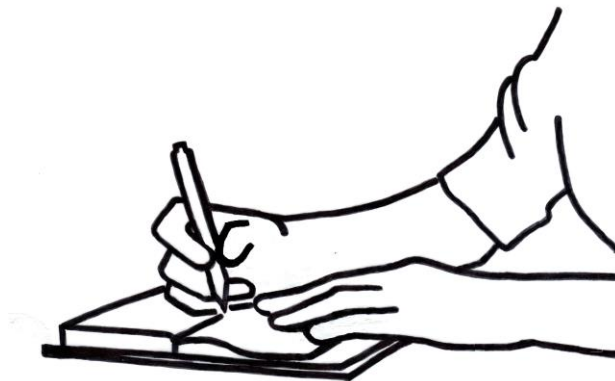
be prepared to **write it down**, because My answer is
on its way!

Do you hear Me singing My Song to you, beloved? Ask My (JCDJ Jun 11)

Spirit to help you listen. **Write down those words**
and then repeat them out loud.

Get alone and immerse yourself in Me; then **write down** (JTDJ p. 66)

the truths I am bringing to mind.



19. Transition

- Going forth from your secret times of communion . . .** (GC Mar 29)
- Arise from the stillness of our communion**, and gradually begin your journey through the day. (JC Dec 14)
- As you **arise from these quiet moments**, hear Me whispering "I am with you" throughout the day. (JA Dec 23)
- I will eventually **lead you down the mountain, back** into community with others. (JC Oct 06)
- Even when you **return to ground level** and your boundaries surround you again, you can look up to Me anytime. (DJ p. 211)
- When you **step back** into the mainstream of life, strain to hear those glorious bells: I am with you. I am with you. I am with you. (JC Oct 30)
- Then **move gently from this contemplative time** into your routine duties. Refuse to view this part of your life as boring. Instead, continue communing with Me, asking Me to be vibrantly involved in your work. (DJ p. 104)
- Then **move gently from this contemplative time** into your routine duties and continue communing with Me, asking Me to be vibrantly involved in your work. (JL p. 168)
- As you **move from stillness** into the activities of your day, do not relinquish your attentiveness to Me. (JC Nov 10)
- When you **move back** into your activities, consciously grasp My hand in childlike dependence. (DJ p. 41)
- Then, when you **move back** into your activities, consciously grasp My hand in childlike dependence. (JL p. 156f)
- When it is time to **return** to your tasks, bring Me into those activities. Include Me in your plans and problem-solving. (JA Aug 09)
- As you prepare to **return** to your tasks, make the effort to include Me in your plans. This protects you from worrying; it also helps you stay close to Me, enjoying My Presence. (JA Mar 20)
- Rest in My Presence . . . **Do not bolt** into the day like a racehorse suddenly released. Instead, walk purposefully with Me, letting Me direct your course one step at a time. (JC Feb 25)

20. Channel Throughout the Day

Be channels both of you. <u>My Spirit</u> shall flow through . . .	(GC Jan 03)
Just be channels .	(GC Jul 22)
My followers must be channels . . .	(GE May 23)
<u>My Spirit</u> cannot fail to pass through the channel of your life into the lives of others. . . . they are being helped, not by you, but by <u>My Spirit</u> flowing through you as a channel .	(GC Nov 07)
They know the power you can become as a channel for God-Power.	(GE Dec 27)
<u>My Life</u> flows through you .	(GC Sep 11)
<u>Eternal Life</u> flows through your being . . .	(GE Jun 28)
let <u>My Influence</u> flow through you . . .	(GE Dec 09)
Rest then until <u>My Life-Power</u> flows through you .	(GC Sep 15)
with your whole being, as My pulsing <u>Joy</u> flows through it.	(GE Sep 23)
Be a channel of <u>My Love</u> , <u>Joy</u> , and <u>Peace</u> by listening to Me . . .	(JC Oct 31)
a living channel absorbs some of whatever flows through it.	(JC Oct 16)
I enable you . . . to be a channel through whom I comfort others.	(JC Oct 16)
I am training you . . . to be a channel of <u>My loving Presence</u> .	(JC Mar 31)
let <u>My Love</u> flow through you to others.	(JTDJ p. 142)
let <u>My Love</u> flow through you to others . . .	(JL p. 194)
let <u>My Love</u> flow through you to others . . .	(JA May 22)
Let <u>My Love</u> stream through you , washing away fear and distrust.	(JC Jun 23)
<u>My Spirit</u> will flow through you . . .	(JA Sep 02)
<u>My Spirit</u> will flow through you delightfully . . .	(DJ p. 241)
allow <u>My Love</u> to flow through you to them.	(JT p. 142)
Let this <u>Love-Light</u> flow freely through you . . .	(JA Sep 01)
watch . . . as <u>My Spirit</u> flows through you to bless others.	(JC Jun 13)
Don't try to control the streaming of <u>My Spirit</u> through you .	(JC Jun 13)
As you bask . . . <u>My life</u> can flow through you to others.	(JC May 02)
the living water of <u>My Spirit</u> flowing through you .	(JC Nov 18)
the <u>Light of My Presence</u> can flow through you to bless . . .	(JL p. 326)
<u>Love</u> . . . Let it in—and then let it flow through you to others.	(JCME Dec 16)
This <u>supernatural source of energy</u> flows through you freely . . .	(JT p. 228)
Since you belong to Me, <u>My own Life</u> flows through you!	(JA Feb 26)
As you stay connected to Me, <u>My Life</u> flows through you . . .	(JA Jun 09)
Just as sap flows from a vine . . . so <u>My Life</u> flows through you .	(JA May 28)

The world would be brought to Me so soon, so soon, if only . . . (GC Nov 05)
 I could **use each human body . . . as a channel** for Divine
 Love and Power. . . . If each lived for Me, by Me, in Me,
allowing Me to live in him, to use him to express the
 Divine **through him** . . .

Man will see Me in My works done **through you** . . . (GC Apr 23)
 will enable Me to do the same works . . . **through you.** (GC Mar 13)
 My Spirit can then be operative, first in you and then **through you.** (GE Apr 02)

*God sent his only begotten Son into the world, that
 we might live through him. (1 John 4:9 KJV)*

This is **My way of living** in the world—**through you!** (JC Sep 04)
 ask Me to live **through you** and love **through you.** (JA Jun 21)
 Ask Him to think **through you**, live **through you**, love . . . (JC Oct 31)
 Ask Him to think **through you**, listen **through you**, love . . . (DJ p. 241)
 Ask Him to think **through you**, listen **through you**, love . . . (JA Sep 02)
 Ask My Spirit to live **through you** . . . (JC Jul 23)
 ask My Spirit to speak **through you** . . . (JA May 13)
 pray, "Holy Spirit, think **through me**, live **through Me**, love . . . " (JL p. 112)
 pray: "Holy Spirit, think **through me**; live **through me**; love . . . " (JA Apr 05)
 Holiness is letting Me live **through you.** (JC Mar 19)
 Holiness is letting Me live **through you.** (DJ p. 140)
 the more effectively I can live **through you.** (JT p. 348)
 Ask the Holy Spirit to . . . think **through you** and pray **through you.** (JT p. 124)
 Ask the Spirit to think and speak **through you.** (JL p. 232)
 This is how I live in you and work **through you.** (JC Apr 17)
 Since I live in you, let Me also live **through you** . . . (JC Aug 24)
 He lives in you and delights to live **through you** . . . (JA Aug 17)
 Welcome My Spirit to live and love **through you** . . . (JCME Oct 29)
 the more fully I can **live** in you and **through you.** (JT p. 268)
 ask My Spirit to think, live, and love **through you.** (DJ p. 115)
 Pause . . . giving My Spirit space to act **through you.** (DJ p. 140)
 pause . . . inviting the Spirit to live and love **through you.** (DJ p. 141)
 You experience the thrill of seeing Me work **through you.** (JL p. 68)
 I am pleased when you ask My Spirit to live and love **through you.** (JL p. 112)

Sources

“Channel.” *Merriam-Webster*, Merriam-Webster, October 22, 2018, www.merriam-webster.com/dictionary.

“Channeler.” *Merriam-Webster*, Merriam-Webster, October 22, 2018, www.merriam-webster.com/dictionary.

“Medium.” *Merriam-Webster*, Merriam-Webster, October 22, 2018, www.merriam-webster.com/dictionary.

“Psychic.” *Merriam-Webster*, Merriam-Webster, October 22, 2018, www.merriam-webster.com/dictionary.

Russell, A. J., ed., *God at Eventide: A Companion-Volume to God Calling*. New York: Dodd, Mead & Company, 1950.

Russell, A. J., ed., *God Calling*. Old Tappan, NJ: Spire Books, Fleming H. Revell Company, 1976.

Young, Sarah. *Dear Jesus: Seeking His Light in Your Life*. Nashville: Thomas Nelson, 2007.

Young, Sarah. *Jesus Always: Embracing Joy in His Presence*. Nashville: Thomas Nelson, 2016.

Young, Sarah. *Jesus Calling Devotional Journal*. Nashville: Thomas Nelson, 2013.

Young, Sarah. *Jesus Calling: Enjoying Peace in His Presence*. Nashville: Thomas Nelson, 2004 (12 13 14 15 RRD 48 47 46 45 44).

Young, Sarah. *Jesus Calling Morning & Evening*. Nashville: Thomas Nelson, 2015.

Young, Sarah. *Jesus Lives: Seeing His Love in Your Life*. Nashville: Thomas Nelson, 2009.

Young, Sarah. *Jesus Today Devotional Journal*. Nashville: Thomas Nelson, 2014.

Young, Sarah. *Jesus Today: Experience Hope Through His Presence*. Nashville: Thomas Nelson, 2012.

Deuteronomy 18:10-12

There shall not be found among you . . .
a **medium** or a necromancer or one who inquires of the dead . . .
for whoever does these things is an abomination to the LORD . . . (ESV)

There shall not be found among you . . .
a **consulter with familiar spirits**, or a wizard, or a necromancer . . .
For all that do these things are an abomination unto the Lord . . . (KJV)

"Pause briefly from time to time so you can
consult with this Holy One inside you." *Jesus Calling*, Nov 14

"Write down any insights I give you as you
consult with Me." *Jesus Calling Devotional Journal*, Jun 23

"Let's **consult** together right now."
Jesus Calling Morning & Evening, Oct 17

KJV