

THE SPIRITUAL CONNECTIONS

Have  
Faith  
in  
GOD

MONTHLY JOURNAL FOR MARCH 2010

**Psalm 94:11** The Lord knows the thoughts of man; He knows that they are futile.

## MINDFUL THOUGHTS SPIRITUALLY

*By Evangelist Dennis A. Palma*

Dear Heavenly Father above, may we all again give you thanks and praise at this time, for being our Abba Father. Lord, it is always by Your grace, love, and mercy that we even exist. Father, please continue to watch over us and help us to stay on Your Righteous road to everlasting life. Lord, please give us the grace to rise above all the evil that exist in this fallen world. Father, may Your Holy Spirit continue to guide, direct, and protect us all on our spiritual journey with You Lord. Also Father, thanks again for Your Divine inspiration for this month's journal. Abba Father, I ask this prayer in the name of Your Son and our Savior, Christ Jesus... Amen.

This month's inspired message, has to do with what I believe to be one of the most profound keys to unlocking the mysteries of why we sin. Do we really even know why we sin? I know for myself, living in a fallen world, it is absolutely impossible not to sin. When I say sinning, I mean in a single 24 hour day, some how or some way I will eventually sin.

Here are 4 key steps that the Holy Spirit blessed me with this month, that can help us all put on the Lord's Amour of Righteousness each day.

First key step is, when we wake up in the morning, first start your day on our knees in prayer, asking God to forgive us our sins and help us find the Lord's peace. Then offer up all your daily prayer petitions in Jesus name.

This first step, will help us to start our spiritual engine. Once we start our spiritual engine, we are letting God know our helplessness and need for His help. Second key step, we should take some quiet time daily before we begin our day, and study the Bible, asking God to teach us more about His personal will for our lives. This second step, let's God know that we are interested in learning about Him. In **2 Timothy 2:15** the Lord says: **Study to show thyself approved unto God, a workman that needeth not to be ashamed, rightly dividing the word of truth.**

Third key step, is one of the major keys that keeps everything in it's proper perspective, and that major key is having the fear of the Lord in our hearts. I call this key step the meat and potato's step. It is so important to have the fear of the lord in our hearts, without it, nothing else spiritually really matters. When the fear of the Lord is front and center in our minds, it will keep us spiritually structured and centered in the word of the Lord.

In the Bible the fear of the Lord is mentioned over 127 times in both the Old testament and the New Testament as well. God is definitely trying to tell us something about His will. In the Old and New Testaments, God teaches us about His tremendous love, grace and mercy He has for all of us.

But on the other side of the coin, He also warns us of His wrathful, vengeful, and merciless ways. This wrathful, vengeful and merciless side of God, can be activated anytime, we ignore the Lord's word, disrespect His commands, or mock His will or try to undermine His Eternal Presence.

The 4th key step and main theme is having **Mindful Thoughts Spiritually.**

There are two kinds of thoughts spiritually that we have to contend with daily, and those are, mindful thoughts, or mindless thoughts!

**Mindful thoughts spiritually**, has to do with understanding daily our spiritual goals and obligations to the Lord. Also, being aware of God's daily presence in our lives. Furthermore, being alert, attentive, observant, keen, and aware of the daily presence of the devils tricks, lies and deceptions.

On the other hand, mindless spiritual thoughts, are marked by a sense of mindless consciousness, marked by no use of the intellect, heedless and talking insufficient thoughts before responding, thoughtless, and unthinking in a spiritual sense. This mindlessness and unspiritual way of thinking, can be Satan's greatest opportunity for him to destroy our souls!

Why must we maintain daily, **mindful thoughts spiritually?** Because without a clear mind spiritually, we are easy prey for the devil attacks.

I believe, that all 4 key steps listed in this months journal, are all interconnected with God's plan to keep us focused on Him. When our minds stay focused on the Lord Jesus Christ, Satan cannot harm us spiritually.

But I believe that the most important starting key to **mindful thoughts spiritually**, is **the fear of the lord**. This thought especially, help us be aware of our thoughts spiritually and helps to maintain our spirituality.

Also I believe, that the fear of the Lord, helps us to repent of our sins, which we all need a steady diet of! Without true repentance for our sins, there can never be any real forgiveness of our sins. Life begins, with the forgiveness of our sins. In Proverbs 19:23 it is written: **The fear of the Lord leads to life: Then one rests content, untouched by trouble. In Proverbs 15:33 the Lord says: The fear of the Lord teaches a man wisdom, and humility comes before honor.**

I again believe, that the fear of the Lord is a blessing to all believing Christians. I truly believe in my heart, that when a man or a woman has nothing to fear, then he or she is going to do and act on whatever or however their heart desires. That is why sin will always be ramped throughout the world. Because there is not a lot of the fear of Lord in the hearts and minds of people, sin will continue to overwhelm the planet.

In closing I would like to say, that **mindful thoughts spiritually** and **the fear of the Lord**, go hand and hand. Both of these main constituents in time, will eventually manifest humility in our lives. And the Bible tells us in

**Proverbs 22:4** that: Humility and the fear of the Lord brings wealth, honor and life. **James tell us in chapter 4:10** that we all should, Humble ourselves before the Lord and He will lift us up.

So my friends in the Lord Jesus Christ, may we all try and incorporate daily, these 4 key steps to maintain some real spiritual structure in our lives.

Following these steps, will keep us thinking mindful thoughts spiritually, and help us alleviate and avoid, mindless thoughts spiritually!

Let us pray, Father we thank you and praise you Lord, for this monthly message. Lord, help us all to follow Your spiritually structure path that eventually leads to You. Father, may we all continue to follow the ways of Your Son, Jesus. Lord, help us all to grow spiritually through Your Love, grace and eternal wisdom. Father, we ask this prayer in Jesus name...Amen.

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## JESUS CALLING

By Sarah Young

**REFUSE TO WORRY!** In this world there will always be something enticing you to worry. That is the nature of a fallen fractured planet. Things are not as they should be. So the temptation to be anxious is constantly with you, trying to worm its way into your mind. The best defense is continual communication with Me, richly seasoned with thanksgiving. Awareness of My presence fills your mind with Light and Peace, leaving no room for fear. This awareness lifts you up above your circumstances, enabling you to see problems from My perspective. Live close to Me! Together we can keep the wolves of worry at bay. Walk closely with me each moment, listening for My directives and enjoying My Companionship. Refuse to let other voices tie you up in knots.

My sheep know My voice and follow wherever I lead.

**(Luke 12:25-26; 1 Thessalonians 5: 16-18; Ephesians 4: 1-6; and John 10:4)**

## PROVERBIAL SCRIPTURES FOR LIVING

**Proverbs 6:29:** So is he who sleeps with another mans wife; no one who touches her will go unpunished. 6:25-26 Do not lust in your heart after her beauty or let her captivate you with her eyes, For the prostitute reduces you to a loaf of bread, and the adulteress preys upon your very life.

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### THE MINISTRY DAILY PRAYER LIST

**PLEASE PRAY DAILY WITH THIS MINISTRY FOR:** Pat Sculi, Elena Ratkevitch, Irina Ratkevitch, Cindy Hogman, Jennie D'ippolito, Donna De Angelous, Jimmy and Anne Palma, Alexandra Barone, Joe Longo, John Aquilino, Helen McKean, Janet Neil, Jonathan Baker, Jerry and Carol Palma, Theresa Wade, George Slawter, Scott Eckenoff, Mike Buettner, Rose Robinson, Barbra Teto, Keith Reggerio, Patrick Zinck, Natilie Wilson, Vanessa Sedalis-Marino & family. And for all the sick, the poor, the homeless, the helpless, the hopeless, the weary, the lost souls, the hungry, the broken hearted, The poor in spirit, the persecuted, etc. Also for all the hatred, the violence, the wars, the corruption, the ailing economy, and for the people in Haiti, and Chile.

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