

## **CHAPTER 19 DOWN AND OUT OR UP AND IN**

### **WE MUST DISCOVER WHAT WE ARE LOOKING FOR INSIDE NOT OUTSIDE OF OURSELVES**

We all have an inner peace we can learn to consciously access.

External rational thought creates external feelings.

Internal conscious thought accesses internal feelings.

#### **HOW DOES HE DO IT?**

We need to understand the difference between spiritual and worldly vocabulary. Judas asks Jesus, How are you going to reveal yourself to us and not to the world? (John 14:22) In order to understand how Jesus was to do it, we must understand we have two kinds of faculties: worldly or physical (sometimes called godly or spiritual).

Our physical faculties see only what is seen while our spiritual faculties can see what is unseen. We use both of these faculties all of the time. We just are not conscious many times of using them.

It is important we practice distinguishing between them by consciously using them, first separately and then in harmony.

#### **IN AND OUT**

We know Jesus abides in us. (Gal. 2:20, Phil. 4:13, Col. 1:27) But what does it mean that Jesus is "in" us?

In the worldly way of thinking, "in" and "out" are positions. In the godly way of thinking, they mean a spiritual condition.

When we hear Jesus say He is to be "in" us, He is referring to our experiencing His presence.

#### **UP AND DOWN**

When Jesus talks of the "world", he is referring to our physical faculties, which can only see what is seen. When Jesus said, "I am from above", he did not mean a position in a worldly way, but a condition in a spiritual way. "Above" means using spiritual faculties. He said: "I am from above, you are from below. You are from the world [that is, you are using your worldly faculties]. I am not the world [that is, I am coming from the spiritual way]." (Jn 8:23)

He told Nicodemus, "You must be born from above to see the Kingdom of God"; (John 3:3) We know that Jesus was talking about a spiritual birth, not a physical birth (as Nicodemus thought). When Jesus says "born from above" he is talking about where you come from.

I come from New York, that is where I was born. My grandparents came from Germany,

that is where they were born. If you come from "above", you are coming from the spiritual side (that is you are using your spiritual faculties). When you come from "below", you are using your physical or worldly faculties.

### **DOWN AND OUT, UP AND IN**

Jesus is always "in" us, but we are not always "in" Jesus. When we are "in" Jesus we are experiencing His Presence. We get "in" by coming from "above" that is using our spiritual faculties.

You can not get "in" (that is, experience His presence) until you come from "above" (that is, use your spiritual faculties).

If you are not using your spiritual faculties you are coming from "below" or you are "down" . Coming from "above" means you are using your spiritual faculties. You are "up".

As you focus on and experience the presence of Jesus, you are "in". It is always our choice. At any time we can choose to be either "down" and "out" or "up" and "in". Which would you rather be?

### **APPLIED**

How does this work? Take a moment and look at something around you. You can see it because you are using your physical faculties. When you close your eyes you do not see it because you have shut off your physical faculty of sight.

Now, as you are looking the object, use your spiritual faculties by beginning to sense its presence. If you are feeling something right now you are using your spiritual senses to see the unseen presence of the object. If you are not feeling something right now, you are just thinking about the object.

For me, I can sense the presence of my cat sleeping right next to me. As you begin choosing to use your spiritual faculties, choose to sense the presence of Jesus who is closer than the object your were sensing.

Jesus is abiding "in" you. You can begin to sense His peace, which he said was a sign of His presence. Jesus is revealing himself to some people right now who are reading this material, but not revealing himself to others. What that means is there are people who are reading this article and are aware of His presence. and there are others who are not aware of His presence.

Those who are experiencing His presence are choosing to use their spiritual faculties, while those who are not experiencing His presence are not choosing to use their spiritual faculties.

Saint Paul said, "If we live in the Spirit, let us also walk in the Spirit" (Gal 5:25). Those who are experiencing the presence of Jesus are "living" in the Spirit.

The next challenge is to learn to "walk" in the Spirit. That means to bring into harmony

both our worldly and our spiritual faculties. We do this by staying conscious of His presence while moving about our daily business.