God has a wonderful plan for you. We've discussed it many times. I like to refer to it as our destiny – conformed to the likeness of the Son. God is building his church and you are part of it. To be a habitation for God you must be perfect even as your Father in heaven is perfect for nothing less would be a suitable dwelling for Him. We have been justified in the Son, by his blood and yet we are being changed – The spiritual reality is being worked out in our actual lives so that we may taste of the blessing here and now, so that we can commune with God here and now, be a habitation for God here and now.

It believe the Spirit was clearly speaking to us in the message on God's goodness, and on his mercy, and in our sharing and the story of Moses glowing face, that we are to spend more time just sitting in his Presence and looking upon the glory of these attributes. It takes time and dedication to do that.

In Matthew chapter 12, verses 9 through 14 Jesus encountered a man with a withered hand. Let's look at it. The point of the text is that the Sabbath was made for man and not man for the Sabbath. God gave the Sabbath Law because He loves us and knows we need a time of rest and meditation. He knows we must set aside a time to worship or we just wont get round to it. But that is for us to be blessed and be a blessing not to ignore the need around us.

Jesus asks the man to stretch out his withered hand. Now that was exactly what the man could not do. That man could have said to himself or to Jesus, "You know I really want to and I have tried over and over, it is just no use!" But that is not what he did. He obeyed and did what had been impossible. Let me ask you who stretched out the hand? — The man did - How? In obedience to the Word of Jesus Christ. There is a wonderful truth here I hope you get a hold of and use for the rest of your life.

If Jesus asks you to do something He is empowering you to do it. It is time to do it. His request is also a promise that He will enable. Now for me, God has been speaking by his HS and telling me I need to spend time listening and worshipping Him for who He is. You see the HS has shined his light of revelation and illuminated my deformity. He says, "Stretch it out!"

What has the Lord been saying to you? Are you listening? Has the HS said the same thing to you or something else? Can you share it with us? ... That is exactly where the Lord is currently working to transform you to the image of His Son. Look at that thing and see it exemplified in the Life of Christ. NO CHANGE NO GAIN -That is exactly where the HS says, "I will heal that deformity in your life caused by sin if you will cooperate and stretch it out?"

When you begin to rise in your lameness you will find your feet and ankle bones receive strength. What He asks you to do is a promise to empower you to do it.

James 1:19-25 Humbly accept the word planted in you which can save you. We often get excited about what the Lord has said to us, or feel good because He spoke to us but if we don't accept the word and act on it we would be better off not hearing! We are now accountable! And we are just deceiving ourselves. But look at verse 25. The Law that gives freedom is the voice of the Spirit in the word. That is the voice that says to that hand that is withered, "Stretch out – be free – no longer bound" Where God does not have free course in your life you are a slave to sin. The Word comes, the light of the HS and illuminates it so you can be freed up. "Not forgetting what he has heard". Have you let some of the things the HS has spoken to you slip? When you don't act on it you allow it to be snatched up by the birds. Accept the word that can save you. Do it! And you will find you become blessed. Here is the formula.

When it comes to this area of the ministry of contemplation how do we "do it". We have seen we are enabled when He asked us to. Someone once said that, "Busyness or hurry, wasn't of the Devil, it is the Devil". Well I won't go that far but I will say it is one of his favorite tools. We fully intend to do something but a million and one demanding things fill our days and our head hits the pillow exhausted. How can we fit it in?

First we must change our priorities. If we are fitting it in we have the wrong priorities. We don't have a problem fitting in meals, sleep time, going to work, cashing our checks, we make all those things fit into our every day. Some we don't even plan but we do because they are important to us. How important is being blessed to you? If you will schedule three meals a day to feed your body what about your soul? Is your body more important? What lasts? Then what should be our priorities? Shouldn't our time with the Lord be as regular as our meals or more so? Remember how Daniel's enemies got him thrown in the Lion's Den? He was consistent to pray three times a day. Dan 6:10 He had a routine and he stuck to it under threat of death. That is how much this wise man knew he needed God's regular input in his life.

Again I ask you, what has the Lord been speaking to you? Will you accept the word planted in you which can save you or will you deceive yourself and let it slip. You can come every time we gather and hear but not do and miss out on blessing. You'll get the feel goods, but no change no gain. God is after a pure bride and He's working on you. Will you cooperate with Him? What is He saying to you? Do it! He will enable but you must cooperate. How will you do that? How determined are you to cooperate?