

### **Vol 3 - Day 12: The Exchanged Life {mind, spirit, emotion}**

For conscience' sake we tend to separate our experiences into two separate categories. Some things to us are spiritual and others are secular. Things that relate to church, God, religion, and so forth are considered our spiritual lives. All other necessary pursuits are treated as unspiritual or secular. This enables us to disconnect our spiritual principles from most of our life experiences. It also helps us justify emotional destructiveness. Unfortunately this also tends to support hypocrisy in all of us. It also enables us, somehow in good conscience, to operate selfishly while perceiving ourselves as selfless and maybe even generous people. It is mostly our rationale that resists God's purposes for our lives.

Living abandoned to intimacy with God, or anyone else, precludes a divided life. To God everything is spiritual. And in reality, that is true for every man. Craving to be loved, respected, indulged and served are deeply spiritual stimuli. "God is a Spirit and those who worship Him, must worship Him in spirit and in truth." Therefore it is only what is spiritual that can be an offering to God. And our spirit is always actively involved in everything we do. It is our spirit that makes every decision we face.

As Christians, we can turn some of the most mundane jobs into wonderful spiritual events. By including God in our awareness while making every choice in our day, we can make every moment a spiritual encounter. And our emotions follow these new choices.

Brother Lawrence, was just a kitchen worker in the monastery where he lived. He washed the dishes for the glory of God. When he was through with his humble work, he would fall down, flat on the floor and worship God. Whatever he was told to do, he did it for the glory of God. He testified, "I am so resigned that I would not take up a straw from the ground against His order or from any motive but that of pure love for Him." He was always happy in the presence of God!

DEEPER Every Day -- John Henry Alan