
anxiety
tragedy
depression
stress
pain
disaster
trauma
Stepping into broken humanity He became
The Breakthrough

HOW ARE YOU... HONESTLY?

This is for anyone who feels broken, searching for answers you cannot find. I see you, my friend, because I feel it too. The heart cries for help, but we have no words to say. We feel a collapse in that place we call self, our inner *mind cave*. Though we move and breathe on the outside, we feel dead inside.

This is not peculiar to you or I. It's called broken humanity. We hide our weakness and failure beneath the "I'm fine" mask. We are born into a world already in motion; we ride its tracks to a destination we do not know and never chose. Fear and bitterness lead us to make wrong conclusions about life. We get so numb, we don't even know if we've given up.

But I assure you, the worst of what we know is actually the best for the help we need in ***The Breakthrough***. After God made the mountains, oceans, and stars, He did not run out of ideas and become subject to commands by men to dwell in buildings for an hour on Sunday (Acts 17:24). A system created by men is not divine revelation but generational leftovers. God yearns to come to anyone, anywhere, anytime (Jn.14:23). Nothing from the outside can ruin our life because life is on the inside. Our inner state determines our outer state. God happens within (Jn. 7:37/2 Cor.5:19).

I know talk of Jesus is not big time, badass guy-talk, but eternal reckoning should far outweigh peer pressure. There are not 20 ways to 'figure it out'. There's 1. Turn off the noise. Listen. I know the pain to get to the other side of

peer pressure and can tell you that every scar is worth it. I had no father figure or mentor who took interest in my life, so I learned to cherish solitude as gold.

GETTING A GRASP OF THE BREAKDOWN

A degree in Psychology helped me grasp the brilliance of God to create our brain to conquer our broken humanity. Most people fall victim to the dark side of suffering and trauma. But if we learn to process emotional and mental pain like a generic 'industrial' and 'mechanical' failure of broken humanity, we can find clarity and distance. We avoid distorted labels and self-hatred. Paving new brain paths requires working the brain as a 'machine' for which God supplies the fuel and manual. Two traps ensnare our broken mind: getting stuck in yesterday, and zoning out from today.

Dissociation: Internal pain triggers a mental cut-off from feelings, surroundings, or identity. So we 'mask-up' to hide and bury distress. *"He was there, but he had long stopped being present".*

Rumination: When pain and regret become a mental cycle—repeating distress, circling thoughts without escape or resolution. It does no good, but we conclude it's all we got, so we 'ruminate'.

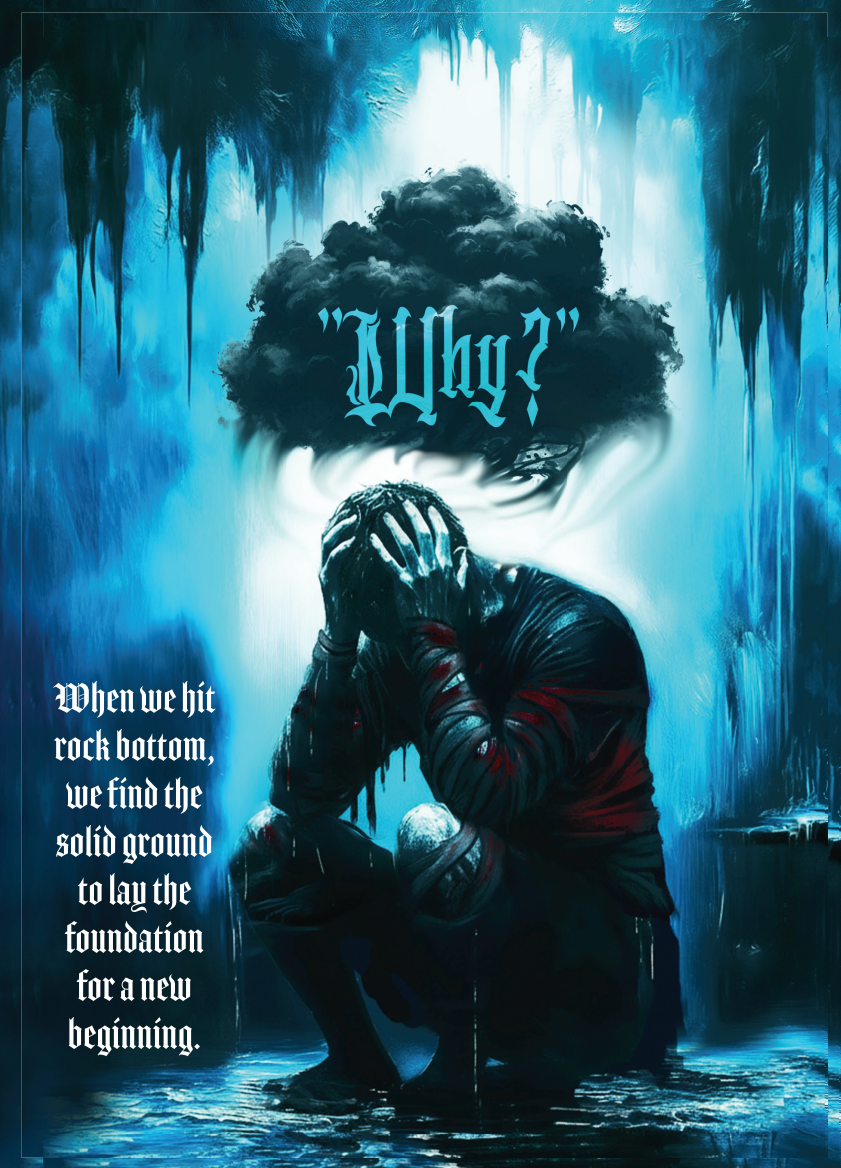
Today, modern "churches" are superficial and our brain detects that what they offer is insufficient for the depth of our pain. The Anterior Cingulate Cortex (ACC) functions in the brain as a conflict detector and flags information that doesn't match reality. A plastic answer bounces off the serious man. It is not that he has a hard heart, it is that his brain is accurately detecting that what he's being offered does not match the weight of what he carries. *That's not my opinion. It is how the mind was built.* It is consistent with how Jesus spoke of hypocrisy (Mt.23).

Bear with me as I touch briefly on *how* humanity was broken, for those who have never heard. Cynics dismiss it as myth, fairy tale, or irrelevant, but the devastation is on full display every day, everywhere.

At the dawn of time, God was all in to fashion humanity with breathtaking dignity to create the first man and woman: Adam and Eve. He sculpted them with profound intention to carry His very image and entrusted them with the astonishing gift of free will. However, Satan, cast from heaven, roamed the earth, waiting to unleash his scheme to take over the world. He bent Adam's will toward pride, splitting him away from God. Adam became self-enamored to be like god without God: BOOM, ego broke union with God. The world came to mean far more than the earth beneath our feet. Adam birthed a world of self-obsession within every one of us. Now, *"the whole world lies in the power of the evil one"* (**Read** Genesis 3/1 Jn.5:19/ Lk.4:6/Jn.12:31, 14:30, 17:16/ 2Cor.4:4).

This is no *'childhood bedtime story'*. It is the horrifying account of what fell on us all like the contamination of a nuclear fallout. Sin remains "at the door" of every man, ready to detonate and unleash all out hell at any unexpected moment in time. This tiny 3 letter word enslaves the entire human race with catastrophic consequences and yet no one speaks this word out loud (Rom.3:10/ Gen.4:7/Is.59).

A permanent rift tore through man's composition and broke humanity. Darkness displaced man's light, and left a wound in us bleeding with the poison of rebellion, and a weak, dying body. Dissociation and rumination are not a character flaw, but a bent deformity of sin, as natural to man's condition as breathing.


"Why?"
When we hit rock bottom, we find the solid ground to lay the foundation for a new beginning.

The oldest lie of all is that we know better than our Creator and prize our own judgment above His. This is an impulse embedded within us, like a runaway code in our DNA. Jesus explains it as the completely illogical instinct of sin (Jn.15:25). Every excuse we make to avoid dealing with this is another day given to a world that doesn't give a damn. We can resist this truth or be grateful it reached us before the end.

Many self-righteous "preachers" weaponize sin to wield condemnation. This is tragic. The reality is, God's response to you is not condemnation but compassion (Rom.5:8/ 2 Cor.5:19/ Jn.3:17). *Understanding God's attitude toward sin should not leave you with anxiety but hope.* God knew we would sin. So, in love, He built into our brain a "neurological" network so profound it would be able to comprehend, process, and walk in His redemption (Rm.8:28+37). He built brilliance in every brain and wants you to access it in epic stature.

NO BACKSTORY OF PAIN CAN THWART HIS PLAN OF ENDLESS CHANCES.

We are not here to merely survive, but conquer. The opponents we face are fierce, but every one is nothing more than a lie.

Many refuse to say, "I am broken" because they don't understand. My friend, sin broke all of humanity. It's done. Deal with it. Admitting this truth doesn't make you weak, but gives you an accurate grasp of our condition. We strike out only because we've been struck down. Sin took the humanity out of humanity and left depravity, but God offers recovery.

THE BREAKTHROUGH

Just think. *That instinct to oppose God totally contradicts the love He reveals for us.* When the world chose evil, the stage was set for God to respond in wrath (Gen.6:5,8:21). But He did something no one saw coming (Tit.3:4). Loyalty, not anger, was His response. God left His throne to enter our broken humanity and become **The Breakthrough**. *The Word became flesh (Jn.1:1).* God became a Man and Jesus demonstrated the heart of God, *"I did not come to condemn... I came for the wicked"* (Jn.3:16-17/Mk.2:17). He initiated ***sacrificial*** love; "not that we loved God, but that He loved us" (John 13:15/1Jn.4:10). It is illogical to resist such love.

THE MISSING LINK

For redemption to happen, one thing was needed so that sinful humanity could reconnect with God. In other words, something had to come out of man that was not in man. How could broken humanity give anything to God? Impossible? It blew my mind to discover that the missing link was a guy named Abraham who was not a "Christian", but a 75 yr. old pagan. One night, sitting by his nomadic campfire in the desert, he pondered the sky of stars.

In a deep thought process, he reasoned beyond atheism, guilt, blame, shame, and self-obsession. He yielded to divine love reflected in those stars. He realigned his thinking into a conclusion called FAITH. It moved him to think beyond the obstacles of time and space and believe God rather than his past. *The missing link was faith born out of a pagan's heart (Rm.10:6-10).* Man could now change his own heart by a simple act of faith. Abraham proved change is not only possible, it's easy (Read Gen.15:6/Rom 4/Heb.11).



FAITH

IN THE LIVING JESUS

SETS US FREE FROM THE MISERY OF FAILURE IN TRYING TO BE RIGHT

ROM.8:2

IS.40:27-31

STRIVING IN EFFORTS OF HUMAN PRIDE

- RELIGIOUS PRETENDING TO APPEAR HOLY -

RULES & REGULATIONS OF MEN BASED ON THE



THE OLD TESTAMENT LAW

GAL.2:16-21, 3:10 | JM.2:10

IT'S LIKE A LADDER TO NOWHERE - CLIMB UP AND FALL DOWN

THE LADDER TO NOWHERE

Most people blow off faith. They insist they are not "that evil". They latch on to morality and trying to do The Law like climbing a ladder to God. For some, "church" is their Law. But God is not "church" nor is He The Law (Jn.4:24/Rm.2:20). The truth is, we all build a ladder in our minds; step by step, bad to good, good to better, our own private system for outrunning the skeletons of our past. But the higher men climb into self-righteousness, the further they are from God and the harder they fall. A man is not made any better by trying to be better. God says straight out, "not one is good" (Rm.3:10-20).

WE BLAME GOD FOR BEING TOO HARD TO FOLLOW, BUT HE NEVER BUILT THE LADDER. WHEN WE FALL OFF OUR LADDER, WE FAIL OURSELVES, NOT GOD.

Rules and laws were never His design. Heart. Remember? Faith. Abraham! Demands and performance are not how He heals us **(See footnote 1)**. Paul once defended himself, as we do, proud of his good works, confident in his own goodness. Then truth hit him like a hammer: he saw he was "extremely evil" (Phil.3:4/Rom.7:13). Every ounce of our so-called goodness is nothing but "filthy rags" (Is.64:6, 59:5). Sin shames us to the core and strips us of self-respect; "Who can save me from myself, wretched man that I am" (Rom.7:9-24). Humiliation drives us to the gutters of our own broken humanity where Paul said, "I died", meaning truth slays us, but in slaying us, sets us free from ourselves. *Everything comes together when we understand the suffering of Jesus on the cross.*

THE WOUND TO SOMEWHERE

Countless stories tell of how suffering leads men to yield to Christ. I'm just another. Jesus didn't come with a religious agenda, prosperity/success, or a gimmick prayer formula. He brought Himself and gave Himself in suffering. Why? Because suffering is the core reality of this world. God doesn't cause suffering but commandeers it for the greater purpose of redemption, when we yield. It reveals our character and can forge a heart of faith. The Prodigal son is the blueprint of how a man returns to his Father's love after being torn apart by his own wicked ways (2 Cor.7:10/Ps.32:3/Lk.15/Rom.5:3).

JESUS INTERSECTS US ON OUR ROAD OF SUFFERING SO HE CAN DRAW US INTO THE FATHER'S PLAN.

When He said, "Eat My flesh, drink My blood", or "I am the Vine, you are the branches", He was saying: "Join to Me in My suffering (Jn.6:53, Jn.15). Merge with Me". Suffering and hurt come in a million different ways, all strange and painful. The way to find the depth, purpose, and meaning in it all is to connect with Jesus in His suffering. Sorrow is a means, not the end. *"Godly sorrow produces repentance leading to salvation without regret, whereas worldly sorrow produces death"* (2 Cor 7:10).

Our greatest need is not to solve outward suffering, but to let it break us inwardly. We cannot stop sin, but we can break through the curse and pain it brings within us. Ever see a wounded deer dart off into the woods from a

hunter's arrow? In a sense, it is trying to escape itself. Pain and stress drive us to run from ourselves. This 'running' is ***dissociation***; reaching for an image to hide pain.

Before I met Christ, I did this to the max. I was in shambles and hid my fears behind an image of a 'Badass', doing drugs and pumping weights. But the danger metastasized. I lost my identity. The brain does not differentiate between a real and fake persona, but adapts whatever behavior we most repeat. I entered my own Twilight 'Led Zeppelin' Zone. Dark thoughts filled my skull like barking dogs.

I DID WHAT I HATED AND DESPISED WHO I WAS. EXACTLY WHAT THE SCRIPTURES DESCRIBE [RM.7:15].

Anxiety rises when we bend ourselves so far into evil, we fear we can't bend back. But God foresaw dissociation in Adam so He also 'pre-wired' our brain with neuroplasticity (See Pg.17). I thought God was far away until I found the heart I thought I lost still inside where I left it. Restore what you have disowned. Get back to wholeness. A guy named Jonah driven by his 'runaway code' ended up in the belly of a whale, but even there he found God's love waiting (Jon. 2.2).

Anxiety drives us into a thousand diversions to avoid being still in heart like Abraham at that campfire. Multitudes spend all of life wearing a mask to dissociate from the sub-pain of sin they can't bear. They link it to someone or something, but that's not it. You may or may not fix that situation, but the pain remains because it comes from sin. Sin will do with you what it does with everyone: ***remain completely unidentified until it destroys everything.***

Every day we "drive" this junk car full of faulty parts—twisted thoughts, obsessive ambition, dark instincts, and perverse feelings: *"The heart is desperately sick... insanity fills the heart of man... from the sole of the foot even to the head, there is no soundness"* (Is.1:5–6/Jer. 17:9/Ps. 38:3/Ecc.9:3). We owe it to ourselves to deal with it. Recovery is not done part by part, but by one change of heart (Ez.36:26/Rm.10:6–10). **Restore the heart, recover the man.**

UNVEILING SUB-PAIN

Sub-pain is the ever-present anxiety just below the surface of conscious life. At first, you think it's because of some present problem, but when you sit alone and are honest with yourself, it was always there as long as you can remember. It is the troubling awareness of self and a conscience separated from God (Rm.2:20). It is a burden in that it requires constant attention. *What must I do with myself?* The burden becomes heavier the more the self is disgruntled. Who of us has not thought, *"God never helps me and nothing ever changes"?* Prayers go up and nothing comes down. Accusations and anger build against God. David and Paul, both violent men, wrote, *"When my heart was grieved and my spirit embittered, I was senseless and ignorant; I was like a beast before you. Yet I am always with You; You hold me by my right hand." and "...The mind set on the flesh is death but the mind set on the Spirit is life and peace." (Ps.73:21/Rm.8:6).*

Like black clouds block the sun, hostile thoughts block our image of Him. *Sin has done its job, locking us down in a hole of negativity, false imaginations, and corrupt perceptions confining us within the narrow prison of our fallen self.*

From this dark cell, ego rules in the Adam-dialect spoken by every man: hurt, confusion, pride, shame, fear, vengeance, rage, envy, and despair. *Not as visitors passing through a strange land, but as the native tongue of sub-pain.* The deep mutterings of a wounded soul talking to itself in the dark. *It is the only dialect broken humanity has ever taught us.*

Hidden pain does not stay hidden. Psychologists call it ***projection*** when we project the misery within us onto the outside world around us. Example: two guys laugh as they walk by and we get convinced it was aimed at us. Everything becomes a stress point of hyper-sensitive self-obsession. The compass of self always points Due Self. It effects our daily routine and relationships. It carves negative brain paths in our mind.

CONSTANT WORRY KEEPS THE BRAIN IN A PROLONGED STATE OF STRESS, IMPAIRING CLEAR THINKING, INCREASING ANXIETY, AND WEAKENING BOTH MENTAL AND PHYSICAL HEALTH.

It starts as a whisper: "Something is wrong with me. No one else is like this. I can't turn to God because I can't do what He wants." All lies. But this brain path leads multitudes into needless suffering, not because of a 'mental disorder', but because ***we have no clue how to combat sin.***

Modern science uses hi-tech fMRI scans to prove that unresolved mental and emotional sub-pain register in the same neural paths as physical pain; neurologically, there is no difference between the hurt of a broken bone and that of a broken marriage. Pain of a broken childhood, addiction, PTSD, can be so strong our brain does not keep them in the past.


"Born from above"
John 3:3
Not mere letters on pages but dimension & revelation.

Things like shame, moral injury, regret, trauma, rejection, and divorce effect the body, screwing up sleep, immune resistance, even accelerating aging. It's serious, bro. Our body can shut down. The nervous system becomes trapped in a past event. Some turn to dark stuff, violence, alcohol, drugs, or consider suicide. But it's not that they want to end their lives, it's that they want to end the pain. Giving place to dark things *never* leads to an answer, but giving place to Christ begins healing (Mt. 13:15).

We can recalibrate our mind to slowly build a positive path so that in our wound, our worst pain, we can connect to Him. This is God's Promise (Rm.6:6/Phil.3:10/ 2 Cor. 1:5). It begins in "fellowship". That's simply talking from our heart. It is prayer. It is contemplation. This is how we process the pain of being stuck in our own head. Gradually spiritual maturity displaces self-obsession and we not only begin to heal, but we also start to care for others (2Cor.5:14-17).

DEALING WITH INTRUSIVE THOUGHTS

I know it's tough to change thinking when trauma leaves neural pathways of pain, long after an incident. I've had bizarre intrusive thoughts flash across my mind and watched them trigger a chain reaction of imaginations. There may or may not be some truth to it, but if I give way, the real conflict becomes the mental loop that leads to catastrophic projections, accusations, fears, fatalism. Crazy ideas clog our mental highway to create a mindset of worst-case scenario. Suddenly, we're stuck in a survival mode. It makes you think, "Man, I am hopeless." No. You are under attack. The battlefield is our mind (2Cor.10:3-5).

The Scriptures warn of the evil one as 'the father of lies' and 'accuser of the brethren' (Rev.12:10/Jn.8:44). Accusations exhaust you with lies and self-defensiveness for hours, days, even years. They become a 'stronghold' of depression, gloom, and doom. The way back is to push back (Eph.6:10-18).

THE CROSS CONNECTION

Simply put, thoughts are electrical impulses born of our will that travel down brain pathways like roadways in the mind. Tensions build sub-pain into stressful thoughts that block our mental highway like a traffic jam of confusion and scramble our sense of who we are, how we see ourselves, and the story we live in. But our brain is remarkably powerful to instantly process issues at incredible speed, faster than the largest computer in Japan. 268 mph. Thoughts switch in a micro-second (Phil.4:8). With roughly 86 billion neurons, each forming thousands of connections, the capacity of our mind to conquer conflict is massive.

The possible thought connections in a single human brain outnumber the stars in the observable universe. Your brain stores an estimated 2.5 petabytes of information. That's roughly 3 million hours of television. And beyond storage, this organ can recover from trauma, rebuild lost function, solve problems, develop personality, and generate love that defies logic.

The human eye can perceive millions of colors in a literal blink. The ear transforms invisible waves, with no effort, into language, music, emotion, and memory in a heartbeat. Get it? God is awesome. You are awesome. So, forget nonsense, go with common sense.

God gave us metacognition and to this day it mystifies scientists. It is the mind becoming aware of itself, "thinking about thinking." Contemplation. Meditation. Deep heart.

We can evaluate what we know and what we don't, and exert the humility consistent with broken humanity. In many ways, our brain studies itself using itself. It is wonderful, beautiful, and mysterious. We can guide ourselves into truth. We can evaluate our own negativity, pride, and resistance and, using our intelligence, choose the noble way. We can begin to understand, not hate, ourselves (Eph.2:1-10). Faith can change self-consciousness back to God-consciousness. Thought Replacement Therapy is the bridge for repentance (change) into becoming more.

GOD IS NOT FOCUSED ON DOCTRINES, BUT SOLVING OUR SITUATION AND BUILDING OUR STORY INTO HIS.

There are 700 stories in Scripture. 18 in Hebrews 11 alone. God is a Father interested in entering and bringing you into a new story. He does not stand at a distance, demanding morality. He is not laughing at our failure. He runs alongside, "It's ok, bro. I'm here for you, champ. I know the sin Adam put in you. I got your back." Jesus is the **"Master of Breakthroughs",** Who shatters impossible obstacles, breaks chains of habits and cycles, heals every backstory, sympathizes with tension and failure, and frees us where we are stuck in a rut (1 Chron. 14:11/2 Sam.5:20). We are in constant search for something better and more, and He offers us the best of the best in the greatest of stories. This is the escape from the world that pulled us in. Everything begins when you say "Yes" and stop saying "Maybe".

NEUROPLASTICITY IS THE CAPACITY WITHIN YOUR MIND THAT MEANS YOU GET TO BUILD NEW BRAIN PATHS INTO A NEW LIFE.



"FORGETTING WHAT LIES BEHIND... I PRESS ON..." PHIL.3:12

No matter how dark, drunk, into drugs, or stubborn I was, it didn't ruin my brain. Neuroplasticity means your brain can actually change its content. Every time you think a new thought or practice a new habit, your brain builds stronger connections. It's like a path through a field that gets clearer the more you walk it. Your brain changes based on what you feed it. Think the same dark thoughts long enough and your brain builds a highway for them. But start thinking differently and your brain starts building new roads.

YOU ARE NOT STUCK WITH THE MIND YOU CAME IN WITH. YOUR BRAIN IS NOT FIXED. IT'S NOT ROCK CEMENT. IT'S SOFT. EVERY TIME YOU THINK DIFFERENTLY OR ACT DIFFERENTLY, YOUR BRAIN IS BUILDING NEW ROADS AND CLOSING OLD ONES.

Abraham engineered the perfect counterpart to neuroplasticity: faith. "Be transformed by the renewing of your mind... Be anxious for nothing" (Rom.12:2/Phil.4:6).

Meaning reconstruction is when we reinterpret and immerse our experiences in light of a greater story. As we begin to release unprocessed pain of threatening or unstable flashbacks, we mesh our sad story into His story. A felon next to Jesus on the cross was minutes away from death and hell. In one second, he switched his story into eternity. **Any time, anywhere, by a metacognition of faith, a lift of heart, a turn of will, a new story begins.** It's like when you read a book and imagine yourself as a character in the storyline. But this is not imagination. It is life-transformation, assuring you of a profound hope and future. We can find an identity not one of us deserves. Unlimited forgiveness. Unlimited access. Unlimited growth.

This is where you catch a glimpse of predestination. Out of our past shadows a new horizon rises in our mind: *"I can actually become new."*

YES, IT'S HARD TO LET GO, BUT FULL SURRENDER MEANS FULL RECOVERY.

When I first contemplated Jesus, He seemed like Someone I wanted to follow. He left a heavenly castle to enter a shabby carpenter shop (John 1:14). He didn't sit on an elite throne or a judge's bench, but climbed inside a fishing boat with foul-mouthed, scrubby, fellow stinkermen. He strolled down dusty roads talking to corrupt businessmen and hung out where sultry women were looking for a love they couldn't find. He had no education, qualification, house, title, or degree. He sat with lowlife villagers, lame men, and lepers, eating when he could, and fasted 40 days in a desert to stand down Satan face-to-Face. Everywhere Jesus went a fountain surged within His spirit of having been with the Father. His heart overflowed to tell us of Him: "Now on the last day, the great day of the feast, Jesus stood and cried out, saying, " If anyone is thirsty, let him come to Me and drink. He who believes in Me, as the Scripture said, ***"From his innermost being will flow rivers of living water."*** (See Pg. 27 - John 7:37).

Jesus went to a funeral to raise a friend from the dead, proving He could promise us, *"He who believes in Me will never die"* (Jn.11:25). He changed water to wine to silence the self-righteous who ripped Him for celebrating with pagans (Jn. 2). Then, for three years, He walked through the junkyard of humanity, lighting up dark men with a mercy they never imagined could be theirs.

He gave VIP treatment to the worst in their worst moments. This is the way of the God-Man who waits to write your story into His Book of Life (Rev. 20:12-15, 21:27). And the wound you carry He took, before you ever knew His name. He sees no record, no label, no image, or past. As men look on the outside, He looks on the heart. Jesus is not the fluff-bucket maharashi yogi we see etched in stained glass windows. He's the OG and the GOAT of all mankind. He goes to war for the truth of His endless love in a world gone mad to reach the walking sad. He had a rep for 'leaving the 99' to find one hurting outcast (Lk.15:4-7). Someone who knows your heartache and stays with you in it, at your side, on your side, to cover the wound in your side. He became worse than the worst.

"FELLOWSHIP IN HIS SUFFERINGS" - PHIL.3

The cross is not a symbolic metaphor. Three years after Jesus died, Paul said he was "crucified with Christ" (Gal.2:20). How can this be? *He entered the suffering of Jesus long after the event.* He said, "I fellowship with His sufferings... and carry about the dying in my body" (Phil.3:10/2 Cor.4:10). He promises if we connect, we shall recover (Rm.6:6,8:37). Guys tell me they feel their life is cursed. *The truth is, sin brings a curse upon us all.* In Christ we get free, because Jesus took it into Himself, and in our conversion, He replaces it with the blessing of Abraham (Gal.3:13).

After winter, the signature of every spring is new life overtaking a dead season. The same is true of suffering and resurrection shared with Christ. My focus here is not morbid self-pity or romanticizing pain.

Eternity is the reward for breaking the stronghold of pride. Jesus restores us as we walk and talk with Him into a new season of discovery. The cross is not a token lucky charm, trinket, or holy-water symbol of a distant historical tragedy. It is the dumping ground for all our sin.

As an eternal Man, Jesus walked into time and space so everything He said and did was eternal. Astronomers speak of galaxies so ancient their light reaches the world long after they existed. The cross is like this. It defies the laws of human behavior, hatred, guilt, condemnation, etc. Our access is forever. We look at stars billions of light-years away and see them now as they were when their light first left them. Calvary stands in history as an event that transcends this world. Its power is still reaching human lives in real time with ways of healing in the Person of the living Jesus (Heb. 9:11-12+23-26).

What happened 'back then' is not trapped in the past; its impact travels by the Holy Spirit in the dimension of eternity arriving to millions in the present. A finished event, yes, but not a closed one. Something eternal happened at that time of Christ that reached into the universe of existence.

LIKE A "BLACK HOLE" IT RIPPED INTO HELL ITSELF TO CONQUER ALL DARKNESS AND OVERCOME ALL NEGATIVITY TO BECKON AND OFFER EVERY LOST SOUL THE WAY BACK TO LIFE.

My friend, if you think you are alone and abandoned and there is no one who cares, think again: His light is here, coming to you now.


"IF WE DIE WITH HIM, WE WILL LIVE WITH HIM."
2 TIM 2:11
"The one who hates his life in this world..
...will keep it for life eternal."
John 12:24-25

He laid down in a garden of dirt to pray for (your name here) _____ at that time, so here, now, today, you can rise by faith. It wasn't so you'd 'go to church' or 'get good', but receive His living touch. Contemplate this: In that garden His sweat became like drops of blood (Lk.22:44). How's that for an intensity of love? *"I'm all alone"?* No.

How many sleepless nights have **you** spent trapped in a mind cave of lies? People say, 'God is silent'. No, we are silent. God is loud. Jesus was thrown into a prison where He entered the *nightmare of His tomorrow:* A sham trial dropped a guilty verdict on an innocent King. No jewels crowned His head, only thorns pressed deep until they bled. The tools of torture opened for the world to see what lives inside eternity: mercy without end. Forty lashes to deal with one problem: sin. Our darkest hour absorbed by His deepest pain. "Surely our griefs He bore and our sorrows He carried" (1Pet.2:24).

HE KNEW OUR NAME BEFORE WE HAD ONE, AND ALL OUR SIN, BEFORE WE DID ONE.

If we contemplate the survival of Jesus, who endured the full weight of all brutality, the brain says, *"I can change my attitude and conquer this."* When He fell three times walking up the hill to the cross, He reached for the same faith that we do (1 John 5:4). When we see someone endure real suffering and come through it, something remarkable happens in the brain. Neuroscientists have discovered cells called mirror neurons that fire both when you experience something and when you watch someone else go through it. In other words, the brain doesn't fully separate 'their experience' from 'yours', but instead, joins in it.

Thinking on the suffering of Jesus Christ can be a personal encounter with His love, and change a person from the inside out. When you sit with the reality of what He endured: the betrayal, the suffering, the abandonment... your brain is running the experience. *The mirror neurons are firing.* Paul says we are actually transformed by the "renewal of the mind... we have the mind of Christ" (Rom.12:2/ 1Cor.2:16). Psychologists describe this as a neurological event. And because His suffering was the worst of all, and He came through it, your brain begins to build a path of a hope that you hadn't believed was possible.

Remember, He gave up His divinity to feel our broken humanity so we can unite in His breakthrough, even in our weakest condition (Phil.2:6-7). He felt the full weight of the worst agony known to man. So, He is our connection through faith.

FAITH IS NOT A BLIND FEELING, BUT A DELIBERATE INDIVIDUAL ACT THAT OPENS THE DOOR TO HIS GRACE MEETING YOU EXACTLY WHERE THE PAIN IS.

Hope stops being a whimsical wish and starts being something your brain processes as real. The work of Jesus pulls us out of a mental rut into His living story of eternal triumph. Calvary enters your living space, cleanses the conscience, and steadies the nervous system. It gives a wounded man a real path forward, because this living Messiah is the God-Warrior paving new brain paths to give you authority over your broken humanity. Contemplative connection is the Forward Operating Base of the mind's activity to secure a resolute will.



The Messiah King emits a love to heal us who afflict Him. He yearns to bring us into His company of forgiveness and stability, to erase alienation, estrangement, and condemnation (Isaiah 53:4).

When we release our burden at the cross, we begin seeing a new life in the Spirit instead of the past. No bells or whistles, but rebirth begins. The patterns of the fallen soul give way to a life-giving spirit. Living water rises up (Phil.2:6-7/1 Cor.15:45/ Jn.4:14).

IT IS FINISHED

His hands weren't tied but nailed. His arms spread wide open to a wicked world while He hung between heaven and earth, between a holy God and sinful men, between 9 and 3 PM. Bleeding while pleading, "Father... forgive them... they know not what they do" (Lk. 23:34). When Jesus walked and traveled, He gathered every angle of sin as kindling stacked in His mind to ignite the fire to end all sin (Dan.9:24/Is.53:5). Jesus felt every curse of every man against His Father, every fit of rage, rape, and murder, every divorce, drug overdose, vile abuse and suicide attempt, war crimes against humanity and depravity, every filthy thought and evil act, past, present, and future all now paid in full by One Ransom delivered at one time and place.

He Who knew no sin became it for us (2 Cor.5:21). Two beams of wood set ablaze with His love. His decisive will seen as fire on the hill. The Lamb stepped forward as the final Substitute, doing in one act what 142,000 sheep, goats, bulls, doves, and cattle sacrificed across seven days, and over 10,000 ancient laws could never accomplish (2 Chr. 7). All that blood. All those years. All that religion. And none of it was enough (Heb.10:1-14).

What was designed to end Him became the end of what enslaved us (Rom.6:7/Eph.5:2/Lk.12:50). 3 days to rise forever.


"WHOEVER DRINKS OF THE WATER THAT I WILL GIVE HIM SHALL NEVER BE THIRSTY...
...IT WILL BECOME IN HIM A FOUNTAIN OF WATER
SPRINGING UP TO ETERNAL LIFE."
JOHN 4:13

He replaced death with indestructible life (Heb.7:16). Headlines read, 'Two Worlds Collide, Lamb Found Dead', but the Risen Messiah did what He said.

A 60 ft. curtain tore in half, symbolizing Jesus opened the way, no longer for one priest once a year, but for all men to access God anytime, anywhere (Mk.15:38). What burned that day wasn't the wood, it was this Man who would rather die in the flames of our guilt than leave us to suffer alone. Sacrificial love for us surpassed His pain. This is The Breakthrough for the depravity of our humanity, to find its finality by receiving immortality. No prophet or 'holy man' could even begin what Jesus accomplished on the cross and won in the tomb. Risen from the dead. Let Him enter your deepest regret. This is catharsis. Let go to show the One Who sees your faith. *Lose pride. Drop ego. Die to live.*

IT BEGINS

Jesus says, 'Come to Me and learn. I promise to give you rest' (Mt.11:28). This one verse brought me home. He wasn't saying come to Israel. He was saying come into His Presence, here, today. The "living waters" are not H2O water. They are the breakthrough of endless eternal thoughts poured into broken humanity. As the regulators of our inner world, eternal thoughts inspire change. Every man is living under one of two sources that will take him to its end: the mind of fallen men or the living Word of God. One sets us up for hell, the other for a beautiful tomorrow. Jesus says *"My sheep hear My voice"*, and this Voice is clearly unveiled in Scripture (Jn. 10:27).

"The words of God are living and active and sharper than any two-edged sword, and piercing as far as the division of soul and spirit, of both joints and marrow, and able to judge the thoughts and intentions of the heart" (Heb.4:12). Metacognition enables us to establish ongoing moments of contemplation wherever we are; to pause long enough for the Spirit to flash His light into what is dark. Wait for it. Expand your faith to receive. We can pause, force ourselves to open, and recognize that surrender is not a defeat but an advantage. Faith empowers us to be ourselves. *"You will keep in perfect peace those whose minds are steadfast"* (Is. 26:3).

This is why the story of Christ is not merely inspiring. It is neurologically transformative. Our brain changes. Salvation is not empty hype, but actual access into the mind of Christ (1 Cor.2:13). In Him we move and live and break through our broken humanity, not improved, not rehabilitated, not managed or perfected. Transformed. The fallen soul does not get a remake. We are imparted a life-giving, born-from-above spirit (1 Cor.15:45/Jn.3:3,4:24).

Scriptures compare the Holy Spirit to wind and water: unseen but known by their subtle witness of personal comfort, recalibration, and anointing of the mind. *The Spirit interweaves His divine thoughts from His eternal circuits into our brain paths, opening revelation, bringing light, stirring curiosity, awakening awe.* Using our imagination, united with our faith, the Spirit inspires the mind's expansive capacity of thought, to reach beyond what we know to construct new possibilities (See Pg. 13). As we mature, this capacity becomes regenerative wisdom, building us up and expanding the heart to grow larger than it was (Eph. 3:18-20/Jn.3:8,4:14, 14,:6/Ex. 31:3/ 1 Cor. 2:6–16/Ps.119:32).

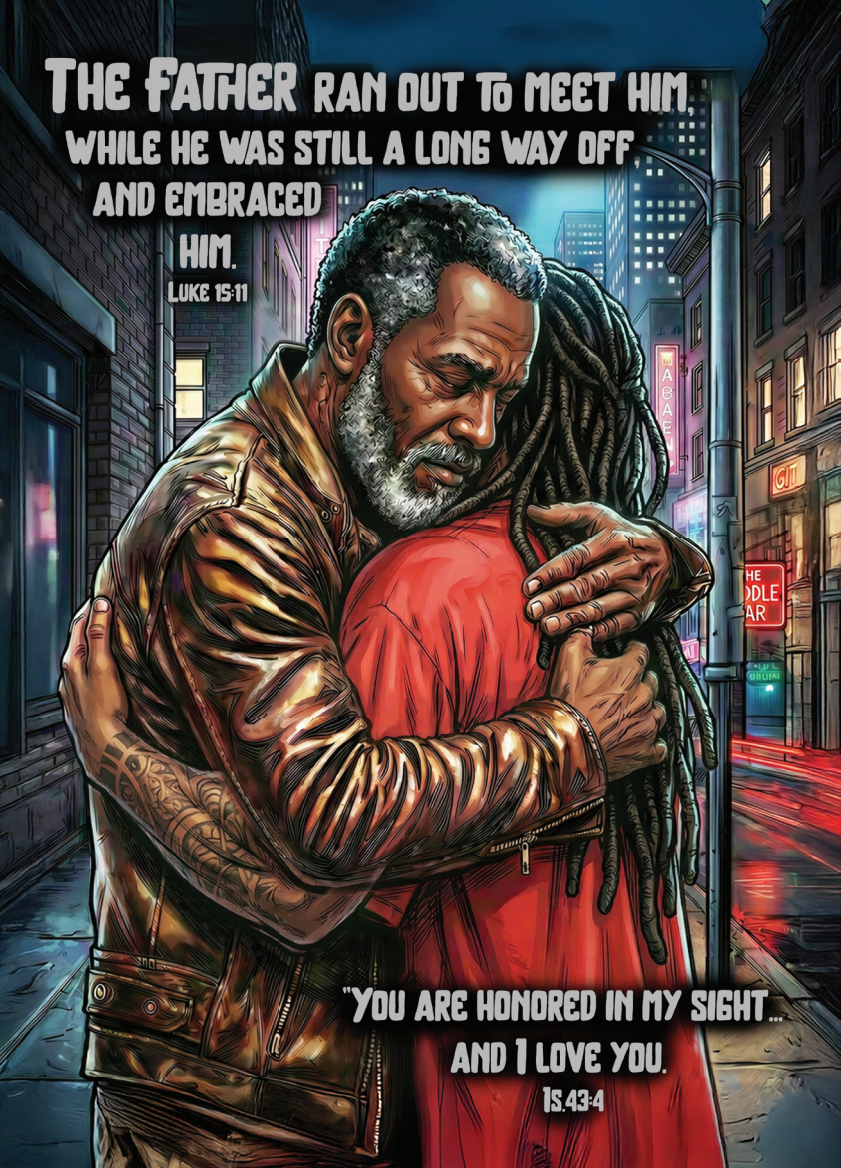
The mind is not your enemy. It is not trying to destroy you by replaying what hurt you. God created it to conquer. Those painful pathways are a cerebral warning system, a scar that says "Do not go back there". I have tried to explain how the mind must be reset in Christ. It doesn't 'just happen'. It requires heart participation, hand-in-Hand with Jesus. He doesn't throw us a life-preserver of laws, prayers, or rituals. He jumps in the raging waters, and by our abode in Him, swims us ashore. Thought replacement and cross connection recreate a deep heart. Paul says one thing he did, "Forgetting what lies behind" (Phil.3:13).

LETTING GO IS NOT BETRAYING YOUR PAST. IT IS SHOWING YOUR FAITH BY GIVING HIM YOUR FUTURE; FINALLY GIVING YOURSELF PERMISSION TO LIVE BEYOND YOUR PAST.

My fellow sojourner, I send my warmest love and a virtual hug to tell you there are real answers, and "You are not alone". I bring Jesus to you here. Now, it's up to you... a budge, a lift, a turn. One real encounter with God is enough to outlast all suffering. Know that you are loved by Him and surrounded by a great cloud of brethren who went through what you're going through and much worse. We look forward to gathering together for eternity.

FOR MORE MATERIALS & CONTACT: FINDINGTHEBREAKTHROUGH@PROTONMAIL.COM

Footnote 1- A man named Moses introduced the Law 600 yrs. after Abraham's faith for the sole purpose of exposing the degree of our broken humanity in sin. "Through the law comes the knowledge of sin" (Rm.3:20). God says, "For all who rely on the works of the law (doing good to get to God) are under a curse." (Acts 4/Gal.3:17/Mt.7:21). Abraham "saw" Christ through the eyes of faith, not by the concept of law (Jn.8:56). God doesn't require us to act or look 'the part'. Heart is our part (1 Sam.16:7). Obeying any law can't make us right: "for Christ is the end of the law... faith results in righteousness" (Rm.10:4-13). Most Christians serve the law of conscience in a church or ministry as salvation (Gal. 3:17 and Rm.4). Jesus gave one law to fulfill them all: Love (Jn.13:34/Mt.22:37–40/Rm.13:10). Faith works through love (Gal. 5:6). The Law is meant to expose our wound and lead us to faith in Him (Rm.7:7,3:20/Rm.2:14).


THE FATHER RAN OUT TO MEET HIM,
WHILE HE WAS STILL A LONG WAY OFF,
AND EMBRACED
HIM.
LUKE 15:11
"YOU ARE HONORED IN MY SIGHT...
AND I LOVE YOU.
ISA.43:4