



PENNIES, NICKELS, DIMES AND QUARTERS!

Does it seem that pocket change could have anything to do with helping you gain victory on your journey in this thing called “life?” Probably not, but it does!

What happens when a child swallows a penny? Does the penny digest like food digests? No! The truth is: when a child swallows a penny, the acid in his stomach does not have the capability of breaking down the penny to digest it because *the penny is not designed to be digested*. Instead, the penny is carried around inside his stomach until it eventually ends up in a diaper or a toilet. Sometimes the penny gets stuck and surgery is needed to uproot it so it can come out! Whenever and however the penny does come out, it is in full penny form. It is important to understand the simple truth that *the penny comes out because it is something else, separate from the child*.

As people travel through life, they experience challenging, difficult and painful situations, events and relationships. In the same way that a child swallows a penny, one can swallow sin and pain which lurk in the midst of those situations, events and relationships. Yes, one may swallow, or take in, specific sin and pain like rejection, pride, terror, rebellion, accusation, condemnation, confusion, shame and more. Sin and pain become very destructive. Like a penny, specific sin and pain are entities that are their own, separate beings. Yes, *the sin and pain, like the penny, are separate from the person; they are something else*. And, like the penny, *the sin and pain are not designed by God to be digested or even dissolved* because sin and pain do not have the capability to digest and dissolve. And, just like a penny can get stuck inside, requiring surgery, sin and pain can get stuck, needing the Holy Spirit’s surgery.

Here is an example. People say, “I’m afraid,” attaching fear to themselves as if it is a part of them; yes, even as if it *is* them. Therefore, they think, or are unconsciously thinking, that there is no choice, no option, but for that fear to remain inside of them. They think they cannot get rid of the fear. They are actually stuck in it. Or they think that if they can just have *more* faith, the fear will subside, only to feel guilt and accusation for allegedly lacking in faith, when fear is still felt. But, just like the penny, *the fear truly is separate; yes, a separate entity from the person. It is something else*. And like a penny, when that fear is swallowed, it cannot be digested or dissolved. The fear stays in its original form and it starts to live and operate inside, sometimes causing anxiety, panic or other pain. And all too often, it unfortunately, begins the destructive path of making our decision(s). You can reread this paragraph substituting fear with rejection or betrayal or condemnation or the sin of envy or jealousy or rebellion.

Sin and destructive pain do not *come from* God, nor are they *in* His kingdom. They come from Satan’s kingdom. In order to bring change, however, we can train ourselves to picture sin and pain as coins with “fear,” or “rejection,” or “pride” written on them! You name it, for yourself! These coins become “weighty.” Too often we swallow and are stuck lugging around weighty coins that carry no value and sink us into discouragement, depression, weakness and more. But because those weighty coins are separate from a person, they can and will come up and out when a person experiences the Holy Spirit’s surgery by *applying the Gospel Process!* Even if weighty coins have been stuck inside for most of one’s life, maybe since being in his mother’s womb, they can come up and out.

While we work on getting the weighty pennies, nickels, dimes and quarters from our past out, we can learn to not take in *new* weighty coins during life's hardships, trials and challenges. This entails learning to identify *what specific sin and pain is lurking*. And it also entails over and over acknowledging that sin and pain are *something else, separate* from us, as we feel them lurking around us. In addition, we can speak out that *we do not want to take them in* because we do not want to have to deal with them when they become stuck, sinking us back into despair! As we feel the sin and pain, we can little by little, learn to enforce our authority over them and put them away to their burial plot where Jesus buried them.

Unfortunately, we do swallow or take in weighty coins. Yes, in our humanity, we will. But through the Gospel of Jesus Christ we can do something about them. Yes, we can get rid of them! Indeed, we can learn to do the following: to *identify* the specific sin and/or pain, to be *aware* that they are inside, to see them as *separate* from ourselves, to know that they *do not belong* in us, to *not focus* on them, to *not wallow* in them and certainly to *not nurture* them. ***Instead of saying, "I'm afraid," we can say, "I just swallowed fear!"*** In saying that, one is declaring, "fear you are not me; I am not you; you are separate from me." Declaring, over and over, in that way, can train us to both think differently and deal differently with sin and pain so that we will not be deceived so easily. And whenever we get tired of carrying that sin and pain, *we have the choice and option* to enforce our authority and put them away to their burial plot! ***This, my friends, is living out the power of the Gospel of Jesus Christ every day!***

And last, when we think about and/or encounter a person whom we think or actually is involved in evil or hurtful or abusive attitudes, actions and behaviors, we can see the sin and pain operating inside of him as separate from him. Yes, *picture the sin and pain as weighty coins, separate from the person God created*. This will empower us to gain victory!

Yes, we can be obedient to the Word and put away sin and pain. We can then walk in and be led by His Spirit, including His peace, His joy and more! Yes, we do not have to allow the defeat of "sin doing it," which is sin ruling over us, as Paul shared in Romans 7:15-21! Yes, we can enforce our authority and send it all to its burial plot!

HALLELUJAH!

What is taught in this illustration truly is Good News:

We can get the sin and pain of our past out of us, because *it is separate from us!*

We do not have to take in sin and pain, because *it is separate from us!*

But when we do, there is a pathway out, because *it is separate from us!*

And, we can *see people separate* from their evil, hurtful, abusive (sinful) attitudes, actions and behaviors!

CELEBRATE THE GOOD NEWS!

If you want more information concerning how you can learn to apply and experience the *Gospel Process* for victory, contact:

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This is an illustration supported by Romans 7:15-21 and Hebrews 12:1-3 as taught in Chapter 6 of *Awakened to Life Within, Getting Out and Staying Out of Pain, God's Way*. Copyright 2017 by Linda S. Ingham of Life Awakening. All rights reserved.