

WHAT "THE CORE" LOOKS LIKE ON A DAY-TO-DAY BASIS

BY Aaron F. Jeffers

(10 Pages Total...go ahead and print out and put into notebook if you like. You may also want to put some extra pages in for journaling also.)

Commit to finishing what you start now. Although this is a twenty-one day program, feel free to adjust it for how long it takes you to apply each concept. Basically, you can customize the program to fit whatever is your best rate of absorbing and applying.

For example, you may want to take a week for each day. So then the program would take twenty-one weeks. I personally would recommend that you do the whole program in twenty-one days with a break or two. Then do the program again with each day representing a week. God is not in a hurry, and He's the Author and Perfector of our faith...not us (Hebrews 12:2).

Ask God: "Help Me To Complete This Training."

Do the first day, and then ask yourself, "What is a realistic daily goal?" If the first day blows you away, take a week for each day. If you feel it's a bit challenging, commit to each day taking three. If you can rock and roll on it, do it every day. The goal is not to race through it, the goal is to live out the reality of your freedom in Christ. Ask God to help you pace yourself. Don't feel guilty if you miss a day or two, just persevere.

Day One.

Listen to Audio Teaching Number One: Vision of Victory

Goal: Establish a vision of victory that is biblically based, and finds it's strength, stability, and stamina in the power of God, not the flesh. God does not birth losers, but breeds spiritual champions, warrior priests...overcomers. Are you willing to be a Revelation 2-3 Overcomer?

Maybe you should read those two chapters before you commit.

Meditate On (This is the second half of the forty-five minutes): Numbers 13:17-14:24 (Pay special attention to 13:33 & 14:24)

Memorize: Philippians 4:13 (*NOTE: If you struggle with scripture memorization just do the program 3 or 4 times a year until the Word becomes a part of the fabric of your soul.

The two pictures will be used as memory pegs that will help you to "pin" all of these verses to your brain. Be patient with yourself, and press on.)

Day Two.

Listen to Audio Teaching Number Two: Prepare the Way

Goal: Prepare the way of the LORD in your life by making the cuts and replacing them with God. The LORD sacrificed more than you ever could by sending His own Son Jesus to die for your sins to PREPARE THE WAY FOR YOU. The least you can do out of reverence for what the LORD has done is to prepare the way for Him. Get over

yourself, according to scripture, in Christ...your dead anyway and can only find life in Him (Colossians 3:3 & Romans 6). A dead man or woman doesn't need the internet, tv, cellphone, or whatever it is that starts the launch sequence to a toxic ritual.

Meditate on: Jeremiah 2:13, Isaiah 40
Memorize: Isaiah 44:20

Day Three.

Audio #3 of the Core: The Incorruptible Seed

Goal: Get out the Holy Roto-tiller, and make sure the soil of your heart is ready to receive the Word of God. The Word of God is the Incorruptible seed of God (1 Peter 1:23), not the impotent seed. There is nothing wrong with the seed to be able to produce good roots and good spiritual fruit. But the seed needs a heart-soil that is ready to receive.

Are you ready to let the priority of the life of God in your life command all the other priorities in your life?

By now, you've made the cuts. Today, are you ready to let the soil of your heart be more conducive to God's Incorruptible Word seed, or more conducive to Satan? This goal is lived out by how you prioritize your time and gifts. If you give your time to porn and your passion to solo-sex, the soil of your heart will abort the Word. If you prioritize your time and passion around getting to know and love God, meditating on His Word will be a feast, and a pleasure better than sex. You will not get gypped if you make God your number one priority.

Meditate on: Mark 4
Memorize 1 Peter 1:23

Day Four.

Audio #4 of the Core: Consecrated Place

Goal: Set up your prayer closet. By the way, if there's any porn in your closet...burn it.

Meditate on: Exodus 33:12-34:9, Acts 1:1-8
Memorize: Matthew 6:6
Pray: Matthew 6:9-13

Day Five.

Audio #5: Seeing Dry Bones Live

Goal: Learn how to speak life to the "dry bone" areas of your life. Start speaking life instead of doubt, death, and disbelief. Ask yourself, "Am I speaking life or death?" before you say anything. Pray for God's help with this discipline. Make your confession your profession in life. Don't say what your emotions say, speak what the Word says about your life in Christ.

Meditate on: Ezekiel 37:1-14, Matthew 12:36-37

Memorize: Proverbs 18:21
Mutter/Mumble/PREACH TO YOURSELF and your thoughts, "I have the mind of Christ!"
-1 Corinthians 2:16

Day Six.

DOWNLOAD: The Tabernacle Cross

(Put it on your bathroom mirror in postcard size, by your bed, and put a credit card size one in your wallet or purse.)

Audio: Jesus My Way

Goal: Make the transition in the heart from, "Jesus is the Way, the Truth, the Life, the Good Shepherd, the Gate, and the Door." to Jesus is my way, not porn. Jesus is my truth, not lust. Jesus is my life, not sex. Jesus is my Good Shepherd, not the Devil who always will steal, kill, and destroy if I consent and cooperate with him. Jesus will always shepherd me into life that is best experienced. He's the only way, and he's MY WAY, MY TRUTH, and MY LIFE!

Meditate on: John 10:1-18

Memorize: John 10:9-11

Mumble/Mutter/Preach to yourself all day, "Jesus is my way, truth, life, and is my Good Shepherd that will lead me to live life to the fullest."

REMEMBER: FAITH COMES BY HEARING! (Romans 10:17, Galatians 3)

Day Seven.

When you wake up, before your feet touch the floor, picture the gate on the Tabernacle Cross. Then say out loud, "Jesus is the only good gate to go through. Jesus is the way, the truth, and my life. He's the Good Shepherd! God help me to see that Jesus is to be my way, my truth, my life."

(SPEAK!) "Addiction is Satan's way of trying to steal, kill, and destroy (SAY IT OUTLOUD! Speak to your flesh and don't be a pansy). God, help me to follow the Good Shepherd...your son Jesus. I'm going to live life to the fullest today because I have Jesus!"

Listen to Audio teaching #7: Jesus My Lamb

Goal: To stop worshipping my own willpower, and rest in the power of the blood of Jesus. Grace is not a license to sin, it's just that when you rest in Jesus, you don't have to sin. Don't worry, you'll understand what I'm talking about. God made you just the way He wanted you. You are His Child in Christ. You don't have to try anymore! Just love God...because you can.

Meditate on: John 1 & Romans 3:21-26

Memorize: John 1:29

Mumble all day/Mutter/Chew on/Preach to yourself "Jesus is my Lamb!" (Implication: I'm right with God, and Jesus has done it all. It's finished! I can walk with God, and approach Him. I don't have to perform right to be right with God, I am right with God because I have Jesus.)

Day Eight.

Wake up. BEFORE YOUR FEET TOUCH THE FLOOR, Start confessing the realities of who Jesus is by what walking your brain through the Tabernacle Cross. Goes something like this: (Because you can start personalizing it now, as long as it's based on the Word) "Jesus is the only way. The only truth for my life, not porn or addiction. I'm going to live because I'm walking with Jesus, my Good Shepherd. I don't have to try, worry, or fear because Jesus is my Lamb. Not my good works. My only job is to rest by trusting and surrendering to my Papa...Father God."

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Audio Teaching #8: White

Goal: Start knowing who you are in Christ. When you understand who Jesus is, that's why we teach the Tabernacle Cross by the way, then you understand how to take authority over your emotions and urges to merge with wrong things, simply by knowing who you are in Christ. That's why you are about to learn the seven colors of your identity in Christ.

Meditate on: 2 Corinthians 17-21

Memorize: 2 Corinthians 5:21

Mutter/Mumble/Preach to yourself! That: 2 Corinthians 5:21

"White represents purity. Jesus gave me his purity, now I am completely pure in Him! I am the righteousness of God in Christ!"

(Don't SLACK! SPEAK IT! Remember, faith comes by hearing. Romans 10:17)

Day 9.

Before your feet touch the floor out of bed. Go through the gate, Jesus, in your mind's eye. Tell your body, heart, mind, and soul that you are going to walk with the Good Shepherd. Rest in the power of the Lamb, God isn't looking for your strength, He's already supplied that through Jesus. Your only job is to surrender and trust Him by resting in what God has already accomplished. Now get up, and celebrate the colors of your new robe (Yesterday's teaching on the color white).

Audio # 9 Silver

Goal: Understand that silver represents redemption. Jesus gave his wealth to redeem

us out of the slavery of sin, and a purposeless, futile, empty way of life. In Christ, I am totally FREE TO LIVE (Which is why the ministry is named Free To Live Ministries...I just thought you would like to know that).

Meditate on: Galatians 3:13-14 & 1 Peter 1:13-25

Memorize: 1 Peter 1:18-19

Mutter/Mumble/Preach to yourself: Who you are in Christ (The colors, especially focus on what you glean from 1 Peter 1:18-19).

Day 10.

I'm proud of you. No, really, I'm proud of you for sticking with it. You should start noticing a different face in the mirror pretty soon. It's called waking up with a smile because the joy of Jesus is on your face, and you're not looking at an addict, you're looking at a dignified Child of God.

Wake Up with your confession that is your profession (Use the Logo and Tabernacle Cross to help your mind bring to memory. Speak the truths out loud)

Audio #10 Scarlet

Goal: Understand that Scarlet represents blood. The blood of a creature is the life of a creature. Jesus poured out his lifeblood on the cross to pour his life into us. Jesus reconciled the debt of wrath deserved for our sin by taking our punishment to give us peace with God. Now we have life to the fullest in Christ.

Meditate on: Leviticus 17:11 & John 10:9-11

Memorize: John 10:10 & Leviticus 17:11

Mutter/Mumble all day/Preach to yourself: I have the very life of Jesus flowing through me!

Day Eleven.

Before Your Feet touch the floor after waking up. Speak the realities of who Jesus is from the truths gleaned from "The Tabernacle Cross". When you shower or drive to work, put on that robe of seven colors starting with the first three (White, Silver, and Scarlet). Speak it! Tell your flesh you are no longer a pervert or an addict. You're a child of God, completely pure, redeemed out of a futile way of life, the very righteousness of God in Christ. You have the life of Jesus to be lived inside of you because you have the blood.

Audio #11: Blue

Goal: Understand that blue represents heaven. Jesus left the comforts of heaven to give me access to the heavenly places. Nothing this world has to offer can satisfy my soul. In Christ I find total satisfaction by tapping into the riches found in Him, in the

heavenly places.

Meditate on: Ephesians 1 & Colossians 3:1-5

Memorize: Colossians 3:2-3

Mutter/Mumble/Preach to yourself all day: "I don't find life on earth or in earthly things. It's found only in the heavenlies in Christ!"

Day Twelve.

Are you happy? If not, you have not surrendered something to God, or you are not trusting Him. Ask God to reveal it to you, if that's the case. Otherwise, you should be happy enough to make other people wonder if you're on some kind of drug. Don't forget, you are in training, but it's not work. It should be like going to hang out with a best friend.

Don't forget to wake up with your confession of who Jesus is (Tabernacle Cross) and to wear the reality of your robe (Colors).

Audio #12: Purple

Goal: Understand that purple represents royalty. Jesus poured out His royalty on the cross to give me the authority and rights of a chosen, royal priesthood. In Christ, I have been given dignity that cannot be stolen because I am a royal heir.

Meditate on: Galatians 4 & 1 Peter 2:9-12

Memorize: 1 Peter 2:9-11

Day Thirteen.

You are not doing this out of religious effort are you?

If so, take time to enjoy the day, rejoice in the LORD, and just bask in His presence. Take a day off if you need to, and hit it hard tomorrow. God doesn't burn anyone out, and you should not feel pressed for time. Twenty one days is not the goal. Knowing Jesus, and letting God love on you is.

Confess Who Jesus is before your feet hit the floor. Feel free to use the Tabernacle Cross and logo to jog your memory.

Goal: To understand that copper represents suffering and sacrifice. Jesus suffered and died so that I could live life to the fullest as a child of God. In Christ, I am no longer a slave, but a Child of God. Life cannot be found in living for self. To truly live, I must deny myself, pick up my cross, and be alive to God in Christ.

Meditate on: Romans 6 & 12:1-3, and the life of Jesus if you can.

Can you make 1 Corinthians 2:2 your banner?

Memorize: Romans 6:11 & Romans 12:1-2

Meditate and Mumble all day (Like a cow chewing it's cud...I know, gross. But anyway.) "I am a living sacrifice. I'm dead to self, and only find life in being alive to God in Jesus. If I live for me, my life will be wasted, and I will find no true satisfaction. If I accept the

fact that I'm dead to sin, oddly enough I will be most alive, and find true satisfaction."
****NOTE: Feel free to personalize it. That's just the way I say it, just keep it based in the Word.

(Other good references: Matthew 16:24, Mark 8:34, Luke 9:23ff, and John 12:24-26)

Day Fourteen.

Well, if you haven't experienced it already, I would reckon by now the enemy, Satan, is pretty hacked off, and is probably throwing every slimy thing up his sleeve at you. Maybe you fell into temptation. God's not counting your days of purity, He's made you pure and it doesn't depend on your performance. Get up if you're down. Remember, a baby falls many times before it learns to walk (please don't use this as a justification to go fall into sin), but in the process of getting up it develops the muscles it needs to actually be able to walk. You're God's kid if you've accepted Jesus by faith. Get up. Also, you may be getting hit with physical circumstances like bills, breakdowns, situations, or one of your kids getting into trouble. Start binding any forces that would be working against your relationship with God in Jesus Name. Plead the Blood of Jesus over yourself, and your family.

Trust me...it works.

Before your feet touch the floor. Confess who Jesus is, and that He is your Way, Truth, Life, Gate, Door, Good Shepherd, and Lamb.

When your in the shower, or at the gym, take time to wear the reality of the robe. You should be able to walk through six of the seven colors, if not review.

AUDIO #14: Gold

Goal: Understand that gold represents deity. Jesus poured out his deity on the cross to make us a temple of the Holy Spirit. Christ in me! In Christ, I find all the help I need when I boldly approach my Father God's throne of Grace.

Meditate on: Colossians 1:27 & 1 Corinthians 6:16-20

Memorize: Colossians 1:27 & 1 Corinthians 6:19

Mumble, Mutter, Preach to yourself (Faith Comes by HEARING!) "I AM A TEMPLE OF THE HOLY SPIRIT! God lives in me through Jesus!" Pretty amazing when you study the Tabernacle, because the Tabernacle is the pattern of the Temple. And you are that temple...whew!

So don't prostitute yourself to porn! You take God with you if you watch it. You make Jesus look at it, and you quench the Holy Spirit if you keep willfully shutting God off. You're a TEMPLE! Enjoy that reality, and use it for God's glory, not yourself. He gives us pleasures here that dwarf what we could ever find in destructive porn use (Psalm 16:11).

Day 15.

You know the drill, just don't make it religious. It should be like kissing your spouse, if you're married. Visiting a best friend. You're in a good family business now, working

with a Papa whose gentleness makes Him and you great (Which is why I recommend daily reading Psalm 18 and Romans 6, but that may be too much right now).

Audio #15: Jesus My Laver

Goal: To know that daily you need Jesus to wash you from the filth of the world, flesh, and Satan. God has sanctified you in Jesus, which means that He has set you apart for His purpose. He's given you His holiness through Jesus...Amazing! You've been given that position in Christ. There's no way you can earn it, of course, unless you are a religious nut and think you can. Trust me, you'll crack if you go that route. But also, to understand that there is a progressional sanctification. If you want to move on to the deeper things of God, and progress from glory to glory (2 Corinthians 3, especially verse 18).

Meditate on: John 13:1-14 (Know that Jesus needs to do the same for you that He did for Peter, spiritually) & 1 John 1:7, 3:1-3

Memorize: John 17:17 and 1 John 3:3, **or 1 John 1:9**

Mumble/Mutter/Preach to yourself 1 John 1:7, 1 John 3:1-3, and John 17:17

Day 16.

***A little difference here in the confession. What I do, is that when I get to "Jesus My Laver" I actually picture my feet going into the bowl that Jesus is washing my feet in. That's when I put my feet on the floor...that's just me though. Remember, the Law was a mirror that told you the problem, and does nothing about it except condemn. The Laver, Jesus, fixes the problem, and restores you so that you can walk in the deeper things of God.

Listen to Audio #16: Jesus My Bread

Goal: Find your purpose in obeying God by seeking first His Kingdom. Also, to evaluate the "passion-suckers" of your life that siphon off your power to obey, because of using your spiritual gifts to live for self, and not God. When this concept is owned by your heart, obedience will be a natural response to the love that you are experiencing in walking with God.

Meditate on: John 6 and John 15

Memorize: John 6:35

Mutter/Mumble/ and Preach to yourself: "Jesus is my Bread of Life! Jesus is my Purpose!"

***The answer to your purpose is easy, look at Jesus, He is your purpose, you don't have to go to Colorado or Mecca to find it.

Day 17.

Keep Trucking. Speak the Word of who Jesus is to your flesh (Use Tabernacle Cross). When you shower or brush your teeth, speak out the colors (Your spouse may not like your singing anyway...joke).

Listen to Audio #17: Jesus My Lampstand

Goal: To simply understand what people have been arguing over for the past two-thousand years.

What is Church? Simple: The Children of God who are the Bride and Body of Christ. It is an Army of gifted Saints all around you. In this section, I'm going to ask you to take off your denominational blinders, and forget about the sign in the front of a building and look at the people that God has planted you around to not only develop you to your full spiritual potential, but for you also to help them develop into theirs. You don't go to Church, you either are, or are not the Church. Look for people who have the heart of God flowing in their life. They are a necessary resource for you to gain strength from. No solo-Saints. They need you, and you need them.

Meditate: John 8:12, Matthew 5:13-16, Zechariah 4:1-6, 1 Corinthians 12

Memorize: John 8:12 & John 8:31-32

Mumble/Mutter/Preach to yourself: "I am the Church. I am the Bride of Christ. I help others like a set of lungs helps the heart and body." (Personalize this, AND ALSO...look at the people God has planted you around and ask God to connect you in a spiritual way if it be His will.)

Day 18.

You know what to do at the beginning of the day. Are you fasting from wrong thinking patterns, and naturally starting to speak life?

Listen to Audio #18: Jesus My Intercessor

Goal: To develop a good prayer life to take advantage of the fact that Jesus literally lives to make intercession for you, if you have accepted Him by faith (Hebrews 7:25). Also, is to be open to the gift of praying in the Spirit.

Meditate on: John 17:1-26 & Hebrews 4:14-16

Memorize: Hebrews 7:25 & Hebrews 4:14-16

Mutter/Mumble/Preach to yourself: "Jesus is my Intercessor, I can boldly approach the throne of Grace to find help in my time of need."

Personally...may not be your thing, but I speak in tongues anytime I have thoughts that just keep bugging me to stray from Jesus.

Day 19.

This is the day brother or sister!

Listen to Audio #19: Papas Chair

Goal: To rest in the arms of Father God. Hop in the Papa's chair. This is the place of total victory, rest, and triumph for the believer. You've won the battle, and did not even need to fight.

Meditate: Joshua 1:1-7, Psalm 91:1, Hebrews 4
Memorize: 2 Chronicles 20:15 and Psalm 91:1
Mutter/Mumble/Preach to yourself: "My victory is in the LORD! I fight best and find strength when I rest in Him." (Feel free to personalize this, not memorize)

Day 20.

Go through your morning confession.
Speak at least once a day all of the colors of your identity in Christ. Keep doing this until every time you see each color, you naturally confess that part of your identity without even thinking about it.

Listen to Audio #20: The Other Factor

Goal: To educate on spiritual warfare. Crash course, not all inclusive, but you can get more training in the downloads as they become available. Also, to be able to bind, loose, and take thoughts captive. Basically, to tighten down security in your mind and heart in Christ. How to guard the well-spring (Proverbs 4:23).

Meditate on: Ephesians 6:10-20, 2 Corinthians 10:3-5
Memorize: 2 Corinthians 10:4 & Isaiah 54:17
Mutter/Mumble/Preach: "No weapon forged against me will prosper!"

Day 21.

Audio #21: Wrap Up

Memorize: Isaiah 30:15, Psalm 91:1, Galatians 5:1
Mutter/Mumble/and Preach...All that you've learned

CONGRATULATIONS! You did it!

Follow-up

1. Encourage us by emailing ftl@freetoliveministries.org if this helped you.
2. Check out the rest of our site.
3. Do it again if it was too much to absorb.
4. Tell a friend or a Pastor about us.