



New Wine!

What the Hell Is Lethargy?

It's hellish and wants to make your life hell too!

BY MARIA # 3482 11/03

Dear Family,

1. Following is some helpful counsel from our Husband on the subject of recognizing and resisting the spirit of lethargy in our lives, compiled from Family members' personal prophecies that they sent in. The spirit of lethargy continues to try to ensnare us. When the Lord first revealed to us that the spirit of lethargy was fighting us, He said that every Family member had been affected by it to some degree. That's quite a warning and should help each of us to be on guard, knowing that the Enemy doesn't give up easily and will continue to try to thwart our efforts and dampen our usefulness through the spirit of lethargy and all its manifestations. Lord help us and keep us free and pure!

2. Please ask our faith-



ful Shepherd to speak to you after reading this Letter about how you're doing in staying free from the grasp of lethargy, and if there are any ways that it has reentered your life. We now also have the help of Styrian (pronounced Sty-RE-an), a powerful female spirit being who fights lethargy.

3. (Styrian:) I am akin to Ellya. I am sent to bring a whirlwind of destruction to the demon Lethargy and his ilk. I am filled with good ideas that bring forth spiritual progress and which are then manifested in not just spiritual growth, but physical fruit. I am sent to agitate the demon Lethargy to destruction! I cause positive spiritual activity. I am everything which is the opposite of Lethargy, and when I fight him, he vaporizes before me. I am filled with an all-consuming power of the Spirit of God, and the demon Lethargy has no escape when confronted by me. I whirl him up in my wind of action and throw him out. I bombard him with spiritual action and he vaporizes! I am Styrian, whirlwind of positive spiritual activity. *(End of message.)*

4. (Maria:) Don't hesitate to call on her help in defeating this evil force that tries to stop your service for the Lord!

5. As you've probably already discovered from your own times of seeking the Lord and applying His Word, and as the Lord brings out in great detail in the messages in this Letter, one of the main areas in which Lethargy fights us is our Word time and time with the Lord. Anything having to do with the spirit or spiritual progress, anything that requires effort, the spirit of lethargy will try to keep us from. This Letter focuses on the spirit of lethargy, and most of the messages were received a few years ago when it was first revealed to us. But since then the Lord has also shown us more spiritual principalities that fight our Word time—like Apotheon, Ob-

stacon, Arakan, etc.

6. The Lord has also given a lot more good instruction, tips and counsel for overcoming in this area in "What Is Jesus Worth to You" (ML #3433 Winepress No. 66 and 67), that you can refer to and use in conjunction with this counsel about Lethargy. So when you pray against Lethargy and are faced with a spiritual battle to maintain your Word time and the things of the spirit, remember to pray against the others too, and get them all out of the way through calling on the keys and then proceeding in obedience!

With love and prayers in our awesome Deliverer,

Maria

◆ **The Nature of the Problem Keeps You from Noticing It**

7. (Jesus:) Spiritual lethargy is something that creeps up on you. It envelops you comfortably in its lukewarm cloak, and then gradually begins cooling you off, step by step, degree by degree, so that you don't even realize that you're getting colder and colder.--Until finally you find yourself in a state of total spiritual frigidity, unable to move, unable to change, frozen and alienated from the path I would have you follow.

8. The very nature of this problem, of this attack, keeps you from taking note of it. It seems like a small thing, and there are so many other much more pressing matters to tend to, so you ignore it, thinking it'll go away or be resolved in time. But it doesn't just go away, because you've forgotten the law of spiritual progress:

9. If you don't keep on getting, you'll lose what you've got. If you don't keep striving for victories, striving to move forward, striving to follow closely along the path that I'm leading, you begin to fall behind--and not only fall behind, but slide back. Those are the principles of spiritual physics at work, as sure and as definable

as the rules of physics that govern your physical world. You ignore them at your own peril. (*End of message from Jesus.*)

It's humbling to let Me make a new creature out of you, to admit to yourself that what you were before and which was fine before is not what you need to be now—for the times have changed and the needs are greater and different.

◆ **Path of Backsliding Greased with Lethargy**

10. (*Jesus:*) You have long known that absorbing My Word is a life-and-death matter for your spirit. And yet you have allowed your conviction and your desperation for it to slacken, so that My Word and your time spent with Me has abated in importance in your life, while other things have gained preeminence in your heart--both your work and the desire to accomplish more, as well as your own personal little sidetracks and hobbies. These things have become more fascinating to you than the things of the spirit that you have known and grown up with all your life, and with which you have become familiar. [*Note:* As mentioned earlier, many of the messages in this Letter were received before "What Is Jesus Worth to You," which placed a renewed emphasis on the Word for all of us.]

11. Familiarity breeds a lack of respect, which eventually leads to contempt. You don't yet have contempt for My Word, but you also don't respect it as you should, as is manifested by how you've let your heart hunger after other things. But this path, when followed to its extremity, leads to that contempt which has caused many to turn back from Me, to follow Me and My ways and My prophets no more.

12. This path is greased by the slime of

lethargy, and a lack of movement to counter it, according to the laws of spiritual physics, ensures that you will follow it.

13. And though you have only seen the beginning of this backsliding path called lethargy, you have already noticed the many ways in which it has affected your life in causing you to be less desperate for Me, more confident in yourself, less inclined to ask Me everything, and more inclined to rely on your own arm of the flesh to get you through your work and your day.

14. You're not alarmed when a day goes by without your having spent time in My Word or seeking My voice and counsel in prophecy. And then another day goes by, and another. You eke out a little time in the spirit each day with a little prayer here, a little devotions there, a quick praise time here, a few words of love to Me there, as if these could appease Me like sacrifices to some god, lest your conscience overtake you for forsaking Me fully.

15. In this compromise you grow comfortable. You feel you're doing okay. You feel you're keeping your spiritual head above water, at least.--Not realizing that while you're treading water but not specifically going anywhere, the currents of human nature are pulling you toward the rocky shoals of ultimate defeat.

16. This is how you must see yourself, for only then will you be challenged to put forth the effort to begin fighting to once again reach the boat of My highest will that is about to pick up speed in heading toward the days of challenge to come. And believe Me, you want to be aboard My ship when the storms break, or you will be swept into the sea of confusion along with all the others whose eyes will be widened when all these things begin to come to pass. (*End of message from Jesus.*)

You must work on overcoming lethargy in your personal study and feeding from the Word, and its application to your own life. Leave behind any feelings of pressure or of not having enough time. Being or feeling rushed can bring on lethargy in the spiritual life if it results in not putting My Words into effect.

◆ **Fight for Your Personal Time with Me**

17. (Jesus:) Lethargy is a strange and ominous creature. It seeks to creep into your midst unawares, often little by little, building up slowly and over a period of time.

18. Where your Enemy most seeks to derail you is regarding hearing from Me personally. You have made this a habit on a certain level. You're in the habit of talking to Me often throughout the day as you go about your work, as you walk, as you ride in the car, as you shower, while exercising, while you're doing things in the kitchen and so on. This is good and I'm pleased, for I love to commune with you in this way. I love to see you make strides to redeem the time.

19. However, though these times are important and needed and I am able to speak to you in a multitude of ways as you do two things at once, as you ask Me things when you're on the go, this must not take the place of the other times when I want and need you to sit down, alone with Me, and hear from Me specifically and in detail regarding personal matters. You must not do one and leave the other undone, for in so doing you are forfeiting the chance to hear from Me more explicitly and thoroughly on matters I wish to speak to you about.

20. You must be more militant about having this vital time with Me each day, to sit down and receive My personal words for you.

You must be more militant to receive the personal things I want to tell you, for in so doing, in taking proper care of your own walk with Me, you will be able to better serve others. It all works hand in hand.

21. I know your heart and that you desire to do that which pleases Me, but Lethargy seeks to trip you up by telling you that you don't have enough time for personal time with Me. It will require a daily, consistent effort to make sure you have this time. You must fight for this time. You must make it a priority to seek enough of My answers and direction for you personally. You must take a militant stand, call on the keys, and create this habit without fail. Start today to have renewed commitment in this area. Don't let these opportunities pass you by, and you will see definite positive results. *(End of message from Jesus.)*

◆ **Create a Vacuum for My Spirit**

22. (Jesus:) Your main point of lethargy is a lack of applying the Word to your daily life. You're inspired and enthused about your work for the most part, and about living, but you slack off when it comes to applying My spiritual principles of growth to your life as readily as you do the physical ones. It's easier to apply things that you can touch, feel, and see, but the spiritual growth is what will really propel you forward.

23. Because you haven't been faithful to apply the Word right away or as wholeheartedly as you could have, wrong attitudes have crept into your life--the feeling that you don't have to apply things right away, that you can keep going as you are, that you're doing pretty good, that you can be counted as an exception. This is unhealthy spiritually.

24. This is the danger of lethargy—that when you're doing fairly well, the Enemy tries to come in and pat you on the back and then

keep you from advancing that last ten yards to the finish line. You've made great progress in so many areas of your spiritual life, but then you sometimes stop short of the total victory. You figure you've done pretty well, so you can lighten up a bit. However, it's the last effort that wins the race and gains you the trophy.

25. Another wrong attitude that has entered your life is one of figuring out how you can get out of applying the Word to your life.

You toss about a variety of excuses in applying the Word to yourself and just doing it--because you're so busy, because you've already given so much, been through so much, etc. Look at many who are getting older and have given 30 years already, and are still going strong! You're just at the beginning of the race, but at times you're already moaning and groaning. You need to buckle down and be more of a soldier. Take My Word at face value and just do it. Don't make excuses that it won't work for you or that it doesn't apply. Just do it and see if it does work. It will.

26. You've avoided jumping with both feet right into the common pot of the overall Family in obedience to My Words. You want to obey, but the Enemy tempts you with selective obedience or specialized obedience. This is very dangerous, and it has kept you from making some progress that you otherwise could have made. So now's the time to jump in with both feet, to count yourself one with the rest of the beautiful individuals who make up My Family, and see where the flow and rush of My Spirit will take all of you.

27. The Word is the best way to stay stirred up. But the only way it's going to really and truly stir you up is if you use it and apply it and put it into practice in your life. Unless you're making an effort to live it and have the desire to do so, it won't have the complete impact on you that I want it to. The water of My Spirit rushes to the vacuum, to the void. So when you're devoid of

yourself, or at least longing to be filled with Me, then My Spirit rushes in in greater abundance. *(End of message from Jesus.)*

Be on guard and aware and forewarned against the spirit of lethargy, for it attacks all My children—none are beyond being attacked in this way. If you will bind the forces of the Enemy and the spirit of lethargy with the power of the keys, it will have no hold over you. Call upon Me, seek Me, and I will do it!

◆ **Take a Lesson from Maria**

28. (Jesus:) Where you allow yourself to get lethargic and lazy in both the physical and the spiritual is more in your personal life--not so much the things related to your obvious sample to others or your work, but the private instances of obedience that only you know about, mainly related to your personal prophecies of instruction. If something slips in your personal life, you figure you'll deal with it later, as it's not really affecting others or that big a deal. There are various personal prophecies that you have received that you're not faithful enough to obey.

29. There is a marked difference in the level of your obedience to the "official Word" in the Letters and your level of obedience to what you receive personally and privately from Me. You've been quite negligent in your follow-through to the instructions I've given you in many areas. You've been hungry enough to receive the instructions, but then you don't follow up and obey. In that way you are a hearer of the Word, not a doer. This is lethargy.

30. This is a failure in your life brought about by that sleepy demon who has lulled you into a false sense of security, convincing you ever so subtly that you don't have time, it's not important, no one sees or knows so it's not

really hurting anyone, etc. But this is not true. It does hurt. It hurts your personal conviction and it takes away some of your power—the power that comes with obedience.

31. You see, the Enemy has not only lulled you into a false sense of security and spiritual sleep regarding obedience to the personal instruction you receive, but he's also gone a step further and caused you to not desire to receive personal instruction. Subconsciously, knowing you don't obey it and it doesn't really change your life or make much difference to you, since you're not doing it but just hearing it, you have adopted the attitude of, "Why bother? It doesn't make any difference." You don't want to add to the guilty feelings you have of not obeying, not paying enough attention to what I say to you personally, so you don't want to keep getting more and more instructions. That is all the result of lethargy. That is a picture of spiritual sleepiness, wanting things to remain the same, not taking the initiative, and lack of fear of Me.

32. Through this inroad you have not made the progress in some areas that I would have you make, because there have been many little disobediences, little ways of not hitting the mark, repeated occasions of ignoring My instruction. It's not that you don't believe or that you consciously reject the Word or rebel against it. See, that's the danger of lethargy. It's slow, subtle, and gradual. And eventually you lose the conviction, you forget about the message, and it's something in the past, forgotten and useless.

33. As you well know, to receive My Word, My instruction for you, is just the first step. But you must also realize that you must accept the truth of what I say to the point that it motivates you to change. If you don't obey what you receive, if you're not a doer but are just a hearer, the instruction I give you is almost useless. In fact, you stand to lose some of My power and blessing in your life, because once you know, once I've

entrusted you with My counsel and instruction, then I hold you responsible and you're accountable; then if you don't obey, I have to judge you accordingly. I bless in proportion to your obedience. So the more you know but don't obey, the less I can give My full blessing.

34. My blessing appears in the different areas of your life in relation to your obedience. If you're lethargic in personal matters, then that's where you'll see the lessening of My blessing, either in health, happiness, personal peace, or spiritual progress. For example, if you receive counsel about your health, diet, and exercise, but you don't obey, then the lack of My blessing will appear there eventually. Or if you receive counsel about your marriage but you don't obey, then you'll feel a lack there. Or if you receive counsel about security, or how to be a blessing, or how to interact with others or live the Law of Love, but you don't obey, there will be a lack. These lacks will affect your personal life, and sometimes the Home overall if your lack of obedience causes you to not interact with others as I would have you.

35. So the lethargy in your personal life is manifested in lack of obedience to the instructions I give you in personal prophecy, because you don't think it's as important and eventually you just forget. Then you don't want more guilty feelings, so you slack off from asking Me the personal questions you should. So there is a lack of intimacy with Me in some areas of your life, where you don't allow Me to possess you. Again, this isn't necessarily from a lack of desire or an outright rejection or rebellion, but it's that sleepy, lazy, dull spirit that comes from lethargy.

36. I want you to take a lesson from Maria. You know this is true. She reacts the same to all the instruction she receives from Me, whether it's a so-called "small" thing about her personal life or a major thing affecting the whole Family. It's because she isn't lethargic; she sees all instruction

from Me as the same. Obedience is obedience to her, and she wants to be in line with Me in every aspect of her life. She realizes that there is the possibility of growing dull to My voice or selective in her obedience if she's not immediately obedient to everything I say. This attitude protects her from straying or weakening or missing My will. I know she will obey both the big and supposed little things. She is faithful in that which is least and that which is much.

37. I wish for you to take on more of her attitude of instant obedience--of being a doer, not just a hearer; not being a respecter of persons or having prejudices or attitudes that make you think it is so much more important to obey in one thing than the other. I want obedience across the board.

38. This is the main manifestation of lethargy in your life, My love. Please take this seriously, for now you are accountable for this truth. Now I must hold you responsible, for you know what I expect and the standard I wish you to attain to.

39. I want you to go back over your major personal prophecies, the ones that had landmark personal to-dos, and study them, pray further about them, print them out, and review them. Do anything and everything to obey in these areas. Now you are accountable, and if you wish to be a disciple in every way, then you must not separate your work and your personal life, as if one were so much more important than the other.

40. Your personal life is who you are and what you are becoming. Your personal life is your reflection of Me to others. So if you would "be Me" to others as I expect you to, as is your responsibility, then you must be a doer of all the Words, not just a hearer. (*End of message from Jesus.*)

Though it's a part of your personality to [be a certain way], and it is an inborn part of your character that I've built into your life, you shouldn't use it as an excuse, by saying, "This is the way I am, therefore it's not necessary for me to change."--Because it's there as a challenge for you to change!

◆ **Put Me First**

41. (Jesus:) You're lethargic in spirit because you don't see the dire importance of a regular intake of good, feeding Word and daily times with Me. This is spiritual lethargy--to think that you can do without it, or to think that you will survive without it, or to not exert the spiritual energy necessary to make this a part of your daily life that you never miss. It should be as sacred as your sleep at night--if not more so. You can't imagine a day that would go by without you taking at least a few hours of sleep at night; it's an integral part of life. So it should be with your Word time and your time with Me. It should be automatic. It should be something that you should never go without.

42. I know that you have a lot of excuses why you think you don't have time. You think that it's okay if you skip your Word time every so often when you have other important things to do. You think that people will surely notice if you're not getting your work done, but that they won't really notice if you don't take your time with Me. That's true. Probably no one will know if you don't take your time with Me--unless you continually neglect it and it shows in your spirit and the way you are. But though no one may notice when you slip in this area, which is spiritual lethargy, I see and I know.

43. You've got to drastically change your mindset. I know there's a lot that needs to be

done. I know the need even better than you do, because I am the Shepherd and I know My flock. But you must stop looking at things this way--thinking that these other things are more important than your spiritual life. I know you think that you're thinking of yourself if you put your spiritual life before the needs of others, but that's not right. You won't be able to help others if you aren't faithful to help yourself.

44. I want you to take a good, hard look at your life and make this mindset change. If you only have two hours of time where someone is helping take care of your young child so that you can do something else, I want you to spend that time with Me. I want you to take at least an hour every day of Word time, and also at least a short amount of personal prophecy time, praise time, prayer time, and loving Me, to add up to the minimum of an hour and a half of quality time spent with Me. No matter what else you have to do, put your Word time first. If you have five hours free, use your time for the Word first, and put everything else second.

45. You think that because you have other people helping with the care of your child, that during those hours you should devote them solely to your work, because that's why they're helping you--so that you can get your work done. But I'm going to tell you to do things differently. You can't get sufficient Word time or time with Me when you're with your child, so you have to do it when others are taking him. Stop being so proud and thinking you have to produce a lot of work in order to make their time helping you worthwhile. You shouldn't look at it that way. You should look at your spiritual life as being of vital importance, for it is. And when someone is taking your child, don't automatically think you have to work; you should get Word time and time with Me first.

46. If all you ever get done some days is taking care of your little one, and time with

Me, and time in My Word, then I'll be happy. I know that some days it's just not possible to get much computer work done, because you don't always have a lot of time to work with. For example, when you're cooking dinner, that takes part of your workday. But just because it takes up that time doesn't mean you should neglect your time with Me. It should never be the first thing to go. It should always be top priority.

47. It's spiritual lethargy to think that you can do without Me and your time in My arms. It's being lazy in spirit to not want to stir yourself up as much as you should to get fed from My Word--and that's something you need to change. Change your mindset and ideas about it, realizing that I want you to put it first and foremost in your life, and if you get nothing else done but spending your time with Me, then it's worth it. Of course, you'll find that you'll probably end up getting more done, because that's just the way it works in the spirit--I bless your obedience.

48. You've also been spiritually lazy in not wanting to receive My personal words in prophecy so regularly. You know that when I speak to you I often show you things you need to do or change or grow in. So you get lazy and don't want to take that time. You know it's not just time to listen to Me, but it's also time to implement what I show you, and you get lazy and lethargic; you put it off.

49. You've also been lazy in your times of loving Me intimately. It's so easy to get lazy in this area of your life, because it's something you have to really work on and consciously do. Sure, you throw Me little love words here and there throughout the day, but I'm talking about real deep lovemaking in the spirit, real special times of intimacy. It takes work, it takes effort, and you usually shy away from the effort, which is laziness. But if you will make the effort, if you will take the time, the blessings in your life will be far weightier than anything you ever had to forsake

to do it. (*End of message from Jesus.*)

You're lethargic in spirit because you don't see the dire importance of a regular intake of good, feeding Word and daily times with Me.

This is spiritual lethargy--to think that you can do without it, or to think that you will survive without it, or to not exert the spiritual energy necessary to make this a part of your daily life that you never miss. It should be as sacred as your sleep at night--if not more so. You can't imagine a day that would go by without you taking at least a few hours of sleep at night; it's an integral part of life. So it should be with your Word time and your time with Me. It should be automatic. It should be something that you should never go without.

◆ **Shake Regularly!**

50. (*Jesus:*) Whenever I shake you up or stir you up, you do better for a while, but you need to be stirred up regularly. That is the key, the primary anti-lethargy device--regular spiritual shakeups! You can either shake and stir yourself up, or you can wait for Me to do so. The first is, of course, preferable because it's easier in a way. On the other hand, sometimes it's not enough, and sometimes it's only truly effective when I do something big in your life, something that you weren't expecting, and thus I sort of "force" you to get stirred up.

51. Spiritual lethargy has a strong effect on your relationship with Me. Your hesitancy to fully embrace and use the new weapons is a direct outcropping of spiritual lethargy. Now you have a label to hang on it--spiritual lethargy. Now you understand it more clearly. It's pride, too, for these dark spirits of pride and lethargy go together. It's an attitude of, "I'm okay. I'll do

okay. I can do it myself. I don't really need to do all this spiritual stuff. It's kind of extra. I can get by without it. Or I can do a lot, but I don't really have to go for all of it."

52. Now that you've prayed and are praying specifically against this spirit of lethargy, you will be able to make more progress in these areas. If you will pray against and fight against the spirit of lethargy specifically, your progress will increase and speed up.

53. Spiritual lethargy holds you back from hearing from Me because you're afraid of what I'm going to say, or because you know that doing what I ask you to do is going to be a lot of work. You do pray, you do hear from Me personally, and that causes you to think that what you're doing is enough. But it's not, because you "hold out" on Me in certain things. If there are things you really don't want to ask Me about, or you'd rather leave alone because you don't want to have to yield to something, or because it's very sensitive for you, you keep wanting to brush it aside. You figure that if you're hearing from Me about so many other things, then maybe you don't need to dig into everything. But that is spiritual lethargy.

54. I don't want you to just hear from Me about some things, but about everything--and especially about the areas that you hold back in, because often they're what are most important. You try to cover them up by your "good works" of hearing from Me in so many other areas, but you know that's not really good enough any more.

55. It's true that hearing from Me and doing what I ask you to do, especially when it comes to very personal issues, does require some effort. It's not easy. But it's essential to your spiritual health and even life.

56. Lethargy is a slow killer. It eats away at you little by little until your spiritual life is gone. It doesn't generally come in parading itself bold and daring, like big doubts or tremendous

battles, but it slowly, drop by drop, drains the spiritual life from you. It is what causes you to pull away from the things of the spirit because they are “too hard” or require too much effort. It’s what causes you to not give the priority to your Word time that you should, or to hesitate to hear from Me about certain things, or even brush it off altogether. It’s what causes you to not feel you have to make the effort to “ask Me everything.” It’s what holds you back from diligently and faithfully fulfilling your role as a prayer warrior. It’s what holds you back from freely and passionately loving Me.

57. It’s what holds you back from being willing to pray a “whatever it takes” prayer. I want you to give yourself to Me in that way. You have done this at times, to some degree or another, but there are still things you hold on to, some consciously and some without realizing you’re doing so. So take that step, that step of full faith and yieldedness, that step of anti-lethargy. Show Me by your words and by your faith your willingness to resist and defeat spiritual lethargy in your life.

58. It’s all about commitment, really. If you are committed to doing certain things every day, whether you feel like it or not, it keeps you stirred up. You might think that forcing yourself to have Word time or P&P time every day, whether you feel like it or not, is more of a ritual and doesn’t really help combat spiritual lethargy if you’re not inspired about it. But being inspired by My Word and growing through My Word doesn’t really have much to do with feelings.

59. If you’re taking your time with Me every day, if you’re praying, reading, and hearing from Me, then you are on the attack against spiritual lethargy. You’re stirred up, because you’re obeying. You don’t have to feel “on fire” and be “thrilled” about everything you read to be fighting spiritual lethargy.

60. It’s true that when you’re a deadhead

during Your Word time and the Word doesn’t inspire you or stir you up at all, then, yes, Word time in itself isn’t enough to fight lethargy. But on the other hand, don’t let the Enemy deceive you that if you’re not jumping up and down about your Word time you might as well not have it. If you’re reading it, if you’re absorbing it, and especially if you’re praying that you will stay stirred up every single time you sit down to read or hear from Me, then it will be so. *(End of message from Jesus.)*

You do well when you really study over My Words in the Letters, read them with a passion and a mind to actually do them, because a lack of doing leads to lacks in many other areas.

◆ **Live with a Passion!**

61. (Jesus:) You’ve let yourself become lax in that you know I’ll care for you. You trust in My love, and thus you can tend to ride along a bit, not really stirring yourself up to continue to pull down My power and My love through doing the things I’ve asked of you. You’ve resorted to coasting along, knowing that no matter what, I’ll keep working things out for your good. This is true to some degree, but there’s lots more that could and is meant to be yours if you’d reach out and really live those things that I show you.

62. In your work you tend to think that as long as there are others around who can help to safeguard and pick up the tab, you’ll be fine just doing the bit here and there that you can, without really thinking that you need to be just as stirred up. You can’t just let others bear the weight. They need you to be there all the way, really giving it all you’ve got. Seek Me for what your role and your place is to be, and then live it with a passion. I’ve got a great ministry for you

if you'll seize it, live it, and do your best.

63. Live each day like it's your last, really giving it all you've got. You can do this by keeping ahead of things, planning things out, doing what you know you need to do to make your time quality time.

64. Make it a habit to always seek Me about what to do, when to do it, and to be looking beyond the "now." You won't always be doing what you're doing now, but your following closely and doing the best you can helps to lay good foundations for what you will be doing in the future and for the way things go in others' lives. Now will affect your future. Each decision, each bit of giving, everything that you pour out--it all has something to do with the way things will be and the fruitfulness of your life both later and even now.

65. The Enemy lies to you, telling you not to get so into things, because things may change. But that's just the reverse of what I want to tell you. You never know what I may bring about tomorrow, but if you're doing something now, it's because I want you there, and I love to see you giving it your all. Then, when and if things change, it will positively affect your future and what you'll be doing. (*End of message from Jesus.*)

Don't neglect your times of prayer.

I know it's been hard to do it daily. This affects your life in many ways—and the lives of others. It takes effort, but it's well worth the effort. You'll regret each time that you could have prayed but didn't take the time to. Things will not have been done, or goals not reached, or people not brought into My Kingdom because of it. So pray like it's one of your key responsibilities.

◆ **Keys to Staying Stirred Up**

66. (*Jesus:*) Have a list of the things that I want you to cover each day in your life and walk with Me. You need to keep committing your service to Me, asking Me for My power, really pulling down My power for what you have to do. It's not enough to say a simple little prayer asking Me to help you as you go into what you need to do. Take the time to get from Heaven what I'd like to show you.

67. Not taking time to hear from Me on something is lethargy, when it's something that you know you need to do, but you use the time otherwise.

68. You don't have to put in extra long hours in your day to the point of burning out to be stirred up. Just using the time well, giving it your best shot, and doing with your time what you know and have confirmed with Me is what you are to do--is being stirred up and on the go.

69. If you're finding that you haven't the time to do things that you know you should be doing, there may be other reasons stopping you. But if in your heart you're really trying to hear from Me and do what I say, and are seeking Me for My plan, then whatever happens or is able to get done is what I want to bring about. Then you don't have to worry that it's because you're not fighting or working hard enough. Just continue to commit things to Me, and be willing to do whatever it takes to follow through.

70. Don't let your personal feelings get in the way of doing whatever needs to be done. Relying on whether you're in the mood or the job interests you is not a good thing to fall back on. Just get My approval and be willing to get the direction from Me on it, and go for it. You'll find things easier than you thought they'd be.

71. Keep focused on the way I'm leading you, knowing that I'm a moving God, always changing and making things happen--growing

you, leading you, and helping things to come about in the Family at large. And do what you need to do in order to get with it, be a part of it, and be a blessing.

72. Call on the spirit helpers that I've given you to help you. That's what they're there for. Let them be a part of what you do. Don't lean to the little bit of wisdom or experience that you may have. You need others. Ask for the help you need. (*End of message from Jesus.*)

◆ **Recognize the Thoughts that Keep You from My Best**

73. (*Jesus:*) Any time you don't seek to do My best, or what you know would be what I want you to do, you can be sure that Lethargy is involved and having an influence.

74. I'll give you some specific examples. Sometimes you need to start on a project that you feel is going to be difficult, but instead you spend the time doing less important things. Or you know you should have more personal Word time, but instead you choose to fellowship, or read something else, or fritter away the time in some other way. These are very obvious manifestations of the spirit of Lethargy.

75. Lethargy seeks to keep you from My best. It seeks to slow you down and sedate you in spirit so that it can take over your thoughts and actions and keep you from doing My highest will.

can seem just like work to you, more to do. But this is where your attitude needs to change. You need to be revolved, knowing that all things are for a purpose and for your good, and indeed to make things happier, easier, and better for you all around in the end—not just to add to your already full schedule.

76. When you compromise, when you don't stand up for what you know is right, it's often because of Lethargy. When you don't do what you know you should, and you choose to just go along with the flow of what's happening because you don't want to deal with the repercussions, that's Lethargy. When you put off hearing from Me about something in your personal life, it's often Lethargy; you don't want to go to all the trouble.

77. The spirit of Lethargy works to figure out what excuses work best on you, and will then bring those thoughts to your mind at appropriate times. With you, the ones that work the best and that the spirit of Lethargy uses most often are:

78. —When you need to hear from Me about a personal matter: The spirit of Lethargy tells you, “There's not much you can do right now anyway. You just need to ride out the storm; it will pass.” While that is true in a sense, when you don't hear from Me about it, often the storm is much longer and more damaging to you personally, and you don't benefit from it as you could if you heard from Me about it.

79. —Regarding your Word time: He tries to keep you from being organized about it and having a list of things to read. He tries to persuade you that you've read something recently, so why read it again. He tries to tell you that you've had a lot of Word time just in the course of your work,

At times, although you do embrace the Words from My mouth, you can tend to do it with a sense of duty rather than with vigor and joy and getting with it in spirit, all the way. You don't always see the importance of doing what I'm leading you to do in the Letters. It

so you don't really need to fight in the spirit to be filled during your personal Word time.

80. —When you're not sure if you should watch a movie or not: He'll try to make you feel like there's nothing better to do.

81. —When you're not sure about what to do: He'll try to get you to just ask Me quickly, rather than taking the time to really stop, clear your channel, and hear from Me. He knows that there are times that it's very important that you get the details, and if he can keep you from getting the full message, you're not equipped to handle the situation as well, and often don't make the best choices or judgment calls because you don't have the full counsel from Me on the subject.

82. Now that you realize these are all lies from the spirit of Lethargy, they will stand out to you when you think these thoughts, and you'll be able to realize that it's not just your own mind or desires, but that your spiritual enemy is trying to influence you and keep you from My best. That's not to say that all these things are wrong in every situation. But the key is in stirring yourself up in the spirit to seek Me, to hear from Me as to what is My best in any given situation, rather than going by your own feelings or desires.

83. You should know that the Enemy will continue to seek to influence you, especially in these Last Days. You won't be able to trust your desires or what your flesh wants to do, because it will very often be influenced. But you will always be able to trust Me and My Words to you, as long as you are sincerely hungering and thirsting after My Spirit.

84. So the key is found in seeking Me and continuing to pray a "whatever it takes" prayer, that I will keep you open and desirous in spirit of My highest and best, so that I can continue to give you whatever it is you need. In yourself you are not strong enough to fight these powerful demons. But when you pray a "whatever it takes" prayer and really mean it,

then it becomes My responsibility to keep you free and stirred up in spirit, and I will. (*End of message from Jesus.*)

If you're lethargic in these days that are coming and are almost upon you, you will not be able to make it. You will not be able to keep going, as much as you want to, for the spirit of Lethargy will take control of your life. You have the chance to rid yourself of this and start anew. Call upon My power to awaken that which has fallen asleep through lethargy. I can and will help you. If you cry out to Me in desperation, I will come through.

◆ **Make the Effort to Be Useful!**

85. (Jesus:) Your spiritual lethargy comes in the form of a lack of will to change. You read My Word and you see what I'm asking the Family to do, and you want to be a part of it, but you lack the willpower to make the necessary changes that I call upon everyone to make. You fret that some of these things would be too difficult, and therefore you don't strive to better yourself in these areas. This is the effect of the spirit of lethargy. As long as you allow yourself to listen to these lies, you will never be able to become all that I want you to be. You will limit yourself by your own negative thinking. The spirit of lethargy will stunt your growth.

86. This is something that you must not let happen. It's easy to stop it. You must cry out to Me for My help, and then act upon your request and fight, with My strength, to be delivered. I will fight alongside you, but it's up to you to take the initiative. You know of the power of the weapons that I've made available to you, but still you hesitate in your use of them.

87. You must cast off this spirit of lethargy now before it's too late. Avail yourself of the keys to My Kingdom, start using your gift of prophecy more frequently, and use your prayer power to channel My power into helping needy situations. Stir yourself up in the spirit so that you see the need and then do something about it.

88. Don't let yourself become useless due to a lack of effort to be useful. Your faith without works is dead. You must put forth the effort and put your faith into positive action. It's going to take a constant struggle. You're going to have to die daily to your self, your pride, and your own willfulness in order to accomplish what I need you to. Your adversary seeks to ensnare you in his web of laziness and lethargy. Don't let yourself be overcome. You now have the warning, and it's in your court to act on it. *(End of message from Jesus.)*

This can also be the work of Apotheon. Usually Lethargy comes in for the slow kill, and Apotheon is the one that sometimes just overwhelms you with the feeling of hopelessness, lack of strength or willpower, or desire to resign yourself or remain as you are. They work together, but those are some of their common characteristics, although they too adapt in order to best ensnare their victims. So be on guard and aware, and if you're not sure if you're being influenced by one of them, or who you should be praying against, ask Me. I love to reveal their dirty, evil deeds, I love to expose them and nullify their influence in your life. All you have to do is ask and I'll turn the spiritual light on and show you!

One area that needs your continued attention is the way you resign yourself to accept certain situations the way they are, instead of fighting to change them for the better. You sometimes give up in your "fight for the right," so to speak, and this can be labeled lethargy; you call it being "weary in well doing."

◆ **Be My Love!**

89. (Jesus:) Your lethargy is shown when you feel that you do enough, you read enough, you stir yourself up enough, and you're doing just fine. Yes, sometimes you are doing fine, but is fine all you want to go for? Why not go for great, wonderful, awesome and out-of-this-world with Me? I want you to be so filled with Me and My Words all day long that you live Me, breathe Me, carry Me in your heart and mind, talk to Me, love Me, and be My love for others all day long. That's what I want, and you're still a far cry from that.

90. You let lethargy come in and it keeps you from trying to step out and love others. It makes you get bugged too easily and you feel like it's your right because you're just a little sensitive to people's idiosyncrasies. But is that right? Is that living the Law of Love? Is that fighting with all you have within you? No! That is living like a Systemite who doesn't really care about his or her fellow man. You don't want to be that way, do you? You don't want to be unloving. You don't want to be someone who doesn't have any friends because she doesn't show herself friendly and loving, in season and out of season, right?

91. I want to give you love that covers all sins--that gives even when it doesn't feel like it, that smiles through the many tears, that cares and loves and gives again. How can you get this love? How can you go through each day with My

love bursting out of your heart, soul, mind, ears, eyes, hands and mouth?--By reading My Word. By being so full of Me that nothing else can come out, that nothing else can come through. Do you want to be this way? Will you take up this challenge in your life to love, to give, to care?

92. You think that showing love and affection is not such a big thing, that it's just your character to be a little more on the reserved side. But that's not right, and this is not how I intended for you to be. Ask Me to change your heart, to change your character, and I will help you.

93. Take up that torch; love the next person on your path by showing it. If you love Me, show it by loving the next person you pass in the hall. If you love Me, say a kind word to someone who looks down. If you love Me, get some words of love from Me for that one. If you love Me, do these things that I ask of you. Don't wait another day!

NWOs (area's needing work on) are challenges, and challenges bring on changes, and changes build a new spirit and create in you a new heart and make of you a new person who can fill the need and be a greater blessing to Me, to My work, and to others.

◆ **Staying Free of Pollution**

94. (Jesus:) Lethargy is like foul water over the ground of your heart. It will seep in and contaminate the soil of your heart and it will cause the fruitfulness in your life to decrease. It will pollute your fruit. If it continues for an extended period of time, the soul gets so sick that it finally dies or goes into a coma. In this state there is no fruit whatsoever.

95. You have to understand this, because the invasion of your heart by lethargy is not a

sudden, one-time thing, but it is a long-term thing. It seeps in little by little and you don't even realize it. It starts when you accept polluted waters running over you. These waters are delivered to you compliments of the Devil and his System.

96. He delivers the polluted, deadly waters of lethargy to you in many little ways. These polluted waters search for low spots in your life and for spots that are receptive to it. Then the water starts to move underground. You don't realize what an effect it's having in your life after a while, because the soil and the earth swallow the waters. But believe Me, it doesn't mean that it disappears when it sinks out of your sight. The polluted waters and the pollution don't disappear or vanish, but they go inside of your heart.

97. You have to be on the lookout and tasting the waters all the time. You have to fence your soil to make sure that no polluted waters come your way. You have to also constantly fill yourself with clean waters so that any pollution can be washed away.

98. Once your soil is saturated with good water, then whatever pollution may come your way only contaminates the surface, and it's easy to see and to wash away. Because your heart is so full of the clean water, there's no room for the polluted waters. In that case, the damage is much less. But when your heart lacks the water of the Word and is practically dry, the moment the polluted water comes in contact with it, the polluted waters go right in and seep into your heart. Lethargy then paves the way for sin, as it eliminates resistance to it.

99. This is the great risk and the great damage that lethargy does--it lowers and destroys your natural and supernatural resistance to sin. It makes you ignorant of the Devil's devices and of his attacks. You stop realizing and reacting to his attacks and you become indifferent. The attacks of lethargy against your life and

fighting against it is a continual process, but when you're full of My Word and Spirit, it's easier for you to remain unspotted by it.

100. Above all things, keep your heart pure, because from it comes life. Watch what goes into the soil of your heart, because if the waters are polluted, then your heart will stop producing life.

101. Watch the input in your heart. Be careful about the movies you watch and pray against bad influences, the newspapers you read, the conversations you have with peers and relations. Watch your thoughts and ask Me to constantly guard you. Pray without ceasing and be on guard.

102. You have to be constantly on guard. Just like when you're driving a vehicle, you can't take your eyes off the road for even one moment, but need to be watching and praying all the time. You can't relax when you're driving; it's a constant state of vigilance and being on guard. If you can't keep up with this state of vigilance, then you have to pull to the side of the road and rest. In the spirit it's the same: When you're getting input from the System and from the world, you have to be on guard constantly, keeping your eyes on what's coming your way. *(End of message from Jesus.)*

Continue fighting against lethargy when it comes to your time with Me, and don't allow this device of the Devil to rob you of the nourishment and strength that you need. Just as you've determined to use the keys in your life to help you face certain situations with positive faith, use the keys and call on their power during your times of lovemaking with Me so that you will receive the full benefit from our time together.

Relaxation is something that everyone needs, but you can't expect that you're going to get stronger or find relief from the pressures of the battles at hand just by relaxing. You must first come to Me and ask Me to take you up in My arms and love you, and allow Me to relieve you of the battles and the trials that seek to drag you down. By doing this and using the keys to the Kingdom, you'll find the strength you need to obey and to work the works that you need to work while it is yet day.