

The God Within

Philippians 4:13 *“I can do all things through Christ who strengthens me.”*

When I was a young man, I would look up into the sky at night and contemplate the immensity of the universe. This made me feel very small and insignificant, and I would wonder how or why a God, who is even bigger than the universe, would take time to focus on me. How could God be in a million places at once and pay attention to millions, perhaps billions, of simultaneous prayers all over the planet? For this reason my prayers lacked power and effectiveness.

Over the past few years, my view of God has significantly changed. I now believe, based on my study of the Scriptures, quantum mechanics, and NDE's, combined with common sense and logic, that God is not some immense being who lives outside of the universe and merely looks in on it from time to time, taking time out of His busy schedule to listen to millions of prayers. I now realize that the universe and everything in it is actually a part of God. It is an extension of God's consciousness. In the deepest recesses of our consciousness we are not only intimately connected with God, we are actually made up of God parts, ie. spirit, and are part of God himself. We are actually God's "body." Paul refers to us as the "body of Christ," which to me is the same as saying the "body of God the Father," because Christ is in God the Father and God the Father is in Christ, and we are in Christ and Christ is in us. In His prayer in John 17:20-22, Jesus prayed that we would all experience that oneness: *"I do not ask on behalf of these alone, but for those also who believe in Me through their word; that they may all be one; even as You, Father, are in Me and I in You, that they also may be in Us, so that the world may believe that You sent Me. The glory which You have given Me I have given to them, that they may be one, just as We are one;..."*

I believe that deep within we are literally "one with God." Christian salvation is the means by which we become aware of this and experience it in our daily walk. We are the body of Christ through whom God experiences His creation. When we pray to God the Father, we are not just talking to a spiritual entity who exists separately from us. Yes, God is "out there." He is everywhere. However, He is also within us. He is us. To some this might seem blasphemous, but it is Scriptural. When we talk to ourselves, we are talking to God. He not only hears us, He is us. The Apostle Paul believed that he could *"do all things."* We don't have to depend on God to do everything for us. He has given us the power and authority to do things for ourselves. We have at our disposal the power of God Himself, within us, to accomplish almost anything we set our mind to. The only limitation is our lack of faith.

Understanding this has greatly helped me with my prayer life. I talk to myself a lot more than I did before. I pray now with more conviction. I know that if I am paying attention, so is the God the Father.