

Keys to Brilliant Focus

The Power of Wisdom
to Reclaim Your Identity

by Graham Cooke

The Wisdom Series — Book Three



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Wisdom that stretches our thinking and enlarges our heart.

A book of aphorisms by Graham Cooke.



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Dedication

To all people everywhere who are embarking on a new life. Whether you are breaking out of habitual circumstances or breaking into a new identity in Christ.

You may be trying something new or simply re-ordering your private world. In life every relationship we have must reinvent itself every 3–5 years, or grow stale and cold over time.

New dreams come, passions are upgraded and old longings come to fruition. Every scenario of life will demand fresh faith, favor and focus.

I dedicate this book to all seekers everywhere. May this be the year of your rising!

Acknowledgements

True friends are those who walk in when others are walking away. Real friends hold your truth in their hearts and speak it to you so that you have something to embrace when you want to quit. Good friends celebrate you when you feel unworthy. Great friends defend you to the death when you are at your most stupid.

Amazing friends stand the test of faithfulness so that you can see God in the dark.

Love never fails. It bids you stand on its shoulders and reach into the next level of your destiny.

I have friends like these. I am truly blessed.

A note on meditation

The purpose of this book is to lead you out of the busyness of life and into the still waters of deep thought, restful perception and therefore *presence*. As you give yourself to this process you will become more God-conscious, more of a worshipper, and more peaceful in how you approach life.

To meditate means to think deeply about something or someone. It means to explore with mind and heart, allowing what you think to touch your innermost being.

Meditation is creative thought which leads us to a higher realm of revelation and wisdom. It takes us beyond the place of reason to where joy is seated and faith is activated.

Meditation allows us to search inside and outside the box of our current paradigm. What you see and hear there touches you profoundly. It adds a ring around the core truth of Christ, which is God within, the certainty of freedom.

Fruitful meditation is therefore not a casual seeking for revelatory insight. Initial creative thoughts are merely the “X” that marks the spot. There is treasure in meditation, a guarantee of wealth in the pursuit of God.

Many are satisfied with collecting random truth on the surface of their consciousness. It is good, wholesome stuff, but it does not satisfy and it cannot challenge the complexities of life in a warfare context.

Deep truth has to be mined over days and weeks. It takes joy and patience to take truth down to its deepest level. Beyond meeting our current needs, beyond the depth of understanding the power, it releases to us against our adversary. Down to the depth where God lives in the highest places of heaven. For all meditation must ultimately come before the throne of His majesty, sovereignty and supremacy. He fills all things with Himself.

Our current situation requires wisdom, but even more it yearns for presence. Meditation allows us to experience both, through the

word coming alive in our spirit. Meditation leads us to God and the permission of His heart. Learn to be in the question peacefully with God. Let the Holy Spirit teach you how to abide. Turn inwardly and rest; wait patiently... He will come. When your heart gets restless, turn to worship. When the interior atmosphere settles, return to listening.

Write down initial thoughts, but do not pursue them just yet. Do not be distracted by what you hear initially; set it aside, come back to it later.

When first entering a lifestyle of meditation, take care to ease into it slowly. An hour at first, then longer until half a day and so on.

Always have a focus; do not try to wait in a vacuum. In this book are a series of sayings and life statements. Take time to process them. Enjoy the stillness of deep thinking and allow your heart to flow in and out of worship.

Use the questions as the Spirit leads. They are not prescriptive but merely a guide to enable your contemplation. No doubt you will discover better questions as the Holy Spirit tutors you.

Enjoy!

About Personal Notes

Following each entry, you will find blank or mostly blank pages like this one to help you in your journaling. Each of these has a question or questions to help direct you in your meditation. They can be used or ignored; they are merely there as a starting point or guide. These “Personal Notes” sections have been included so you may write His thoughts and keep them close.

Dear Reader:
I have deliberately not
expounded on some
concepts... the Holy
Spirit will have that
pleasure Himself.
Just ask!

Heaven is attracted to Jesus in you

One of the greatest ideas of the Father was to put us into Jesus and Jesus into us. The Father and Jesus love to make their abode in us (John 14:23).

We are the residence of God and as we are empowered by the Holy Spirit to love Jesus and keep His words, then heaven dwells within us and we become highly attractive in the Kingdom.

If we are in Christ then heaven's fascination with Him makes our life extremely interesting. We are learning to pay attention to Jesus because all our freedoms flow from that direction. This is why we are not to be caught out dealing with the old nature. We are not pastoring someone who God has already deemed to be dead (Romans 6:11). That would be like baby-sitting a corpse!

“If we have died with Him we believe that we will also live with Him” (Romans 6:8). We are walking in newness of life learning to be alive only to God (Romans 6). We are therefore not declaring what we are not, but proclaiming who we are in Jesus.

No one can be ordinary when they are in Jesus. It is not allowed! Heaven comes to us because of our placement in Jesus, not because of our performance as believers.



Personal Notes

Take a few moments to really imagine what it feels like to have Jesus reside in you. Ask for His perspective on that part of your life that needs an upgrade.

Ask Him to show you what He is seeing and thinking about you in Him. Relax into a place of thanks and rejoice in His presence. Record the outcome that heaven opens up to you.

Make yourself vulnerable to God

Because we are in Jesus and He is in us, we are learning the lifestyle of the power of THE ONE with the one. Jesus is the catalyst for all our spiritual development. “In Him we live, and move and have our being” (Acts 17:28).

That means we are completely open to all the fullness of God in Christ Jesus. “Of His fullness have we all received, and grace upon grace” (John 1:16). Our goal in life with God is to reach such a saturation point that as God continues to pour Himself out on us so we overflow to all around us.

Fullness denotes a profusion of life, blessing and favor. Enough for ourselves and the people group to whom we are sent. It depicts a completion, a wholeness, and extensiveness in the loving-kindness of God that compels people to know Him. We become His visual aid in the Kingdom. We resonate with His voice in the earth. We, His body, demonstrate His abundance in all our earthly connections (Ephesians 1:23).

We come to the place of absolute truth as we learn to know the love of Christ, which surpasses knowledge, and are filled up to all the fullness of God (Ephesians 3:19). It is our daily privilege to make ourselves vulnerable to God’s fullness, knowing that He loves to fill all in all with Himself. Whatever we need to become like Christ is fully accessible and available only in fullness. Christ is applicable everywhere, every time. When we make ourselves vulnerable to God’s passion for us, then our delight in Him is the fruit. We learn the joy of attending on God.

One person plus God has all the power and authority necessary to overcome. We are vulnerable to the Christ within. We are not vulnerable to the enemy at all, unless we choose to be.

Personal Notes

If Heaven represents the fullness of Christ in you, how does that change your perspective, thinking and language about who He is in you and who you are in Him?

What are you currently making yourself vulnerable to in your life circumstances? Are you readily available for worry, fear, anxiety, believing the worst? How does that affect your trust, faith and giving thanks? The opposite of that is what you make yourself sensitive and open towards. We are wide open to grace. Practice making yourself vulnerable to goodness.