



## PAUSE ROOM



We have three levels of conscious being: The Shallows, Midlands, and Depths.

Shallows: You have fleeting thoughts throughout the day, most of which are insignificant.

Midlands: Your longings, hopes, and dreams that are far more important.

Depths: Deep within you, you experience the cry for love, hope, and joy, which feels almost primal to your being. Our goal is to have alignment with the triune God. As we guide our bodies and minds to the Depths, we can experience UNION WITH GOD.

Jesus prayed that we would experience the same union with him that he has with the father. Complete union, total oneness. This is the deepest and most beautiful form of alignment.

Your soul was made for union with God. Not just faith in God. Not just obedience. BUT UNION.

John 17:20–23 20 “My prayer is not for them alone. I pray also for those who will believe in me through their message, 21 that all of them may be one, Father, just as you are in me and I am in you. May they also be in us so that the world may believe that you have sent me. 22 I have given them the glory that you gave me, that they may be one as we are one— 23 I in them and you in me—so that they may be brought to complete unity. Then the world will know that you sent me and have loved them even as you have loved me.

This chaotic world erodes our union with God every day. The frantic pace of life erodes our union. All of the disappointment and heartache erodes our union. This is why we return to God every day and ask him to heal our union.

Father, Jesus, Holy Spirit. I need union with you. My soul is made for union with you. I give myself to you now, to be one with you in everything. I release all of my fleeting thoughts, my to-do lists, my worries and my wondering to you now. I give all everything and everyone to you. Heal our union with you, God.

John 15:5 5 “I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing.

Ephesians 3:14–19 14 For this reason I kneel before the Father, 15 from whom every family[a] in heaven and on earth derives its name. 16 I pray that out of his glorious riches he may strengthen you with power through his Spirit in your inner being, 17 so that Christ may dwell in your hearts through faith. And I pray that you, being rooted and established in love, 18 may have power, together with all the Lord’s holy people, to grasp how wide and long and high and deep is the love of Christ, 19 and to know this love that surpasses knowledge—that you may be filled to the measure of all the fullness of God.