



FOUNDATIONS
FOR LIFE
IN THE

Spirit

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WELCOME

It is a gift to be here with you in these pages. My heart in writing is to see the local church—and each of us within it—alive and confident in the Holy Spirit, grounded in Scripture, and aware of the authority God has already given us. I grew up in a Christian home and encountered the Spirit early on, yet over time, familiarity and routine quietly dulled what once burned bright.

Through seasons of suffering, renewal, and a defining moment when I chose to believe that God still moves in power, that fire was restored. What follows is drawn from years of learning, testing, and walking with the Holy Spirit, offered so you might build a steady foundation, step forward in faith, and discover the joy of partnering with God in everyday life.



YOU WERE CREATED FOR RELATIONSHIP

Scripture: Genesis 2:7, 1 Thessalonians 5:23

You were created in the image and likeness of God, designed as a three-part being: spirit, soul, and body. From the very beginning, God's intention was intimacy. When He formed Adam and breathed life into him, it was the Holy Spirit who filled him with life.

HUMANITY WAS CREATED TO LIVE IN GOD'S PRESENCE, NOT INDEPENDENT FROM IT.

Before sin entered the world, Adam and Eve lived in unhindered communion with God. There was no striving, no hiding, and no separation. That relationship was always the point. Even now, God's desire has not changed. Your life was never meant to be driven by our desires, emotions, or circumstances, but by the Spirit of God living within you. As you learn to live spirit-led, you return to the design God intended from the beginning, a life marked by intimacy, peace, and fellowship with Him.

Reflection Questions:

- Which part of me (spirit, soul, or body) most often leads my decisions?
- Where do I need to slow down and reconnect with God today?

Prayer:

"Holy Spirit, teach me how to live aware of Your presence in every part of my life."

HUMANITY WAS
CREATED TO LIVE
IN GOD'S
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FROM IT.





DAY 2

WHAT CHANGED AT SALVATION?

Scripture: 2 Corinthians 5:17, 1 Corinthians 6:17

At salvation, something truly amazing took place. You didn't just make a decision; you were made new. Your spirit was recreated in Christ, and the separation that began in the garden was fully restored through Jesus. Right now, your spirit is united with Him—complete, whole, and lacking nothing.

While your body and soul are still in a process of sanctification, your spirit does not need improvement or repair. It is already one with Christ. This is where your confidence comes from.

YOU ARE NOT TRYING TO BECOME SOMETHING
YOU ARE NOT; YOU ARE LEARNING HOW TO
LIVE FROM WHO YOU ALREADY ARE.

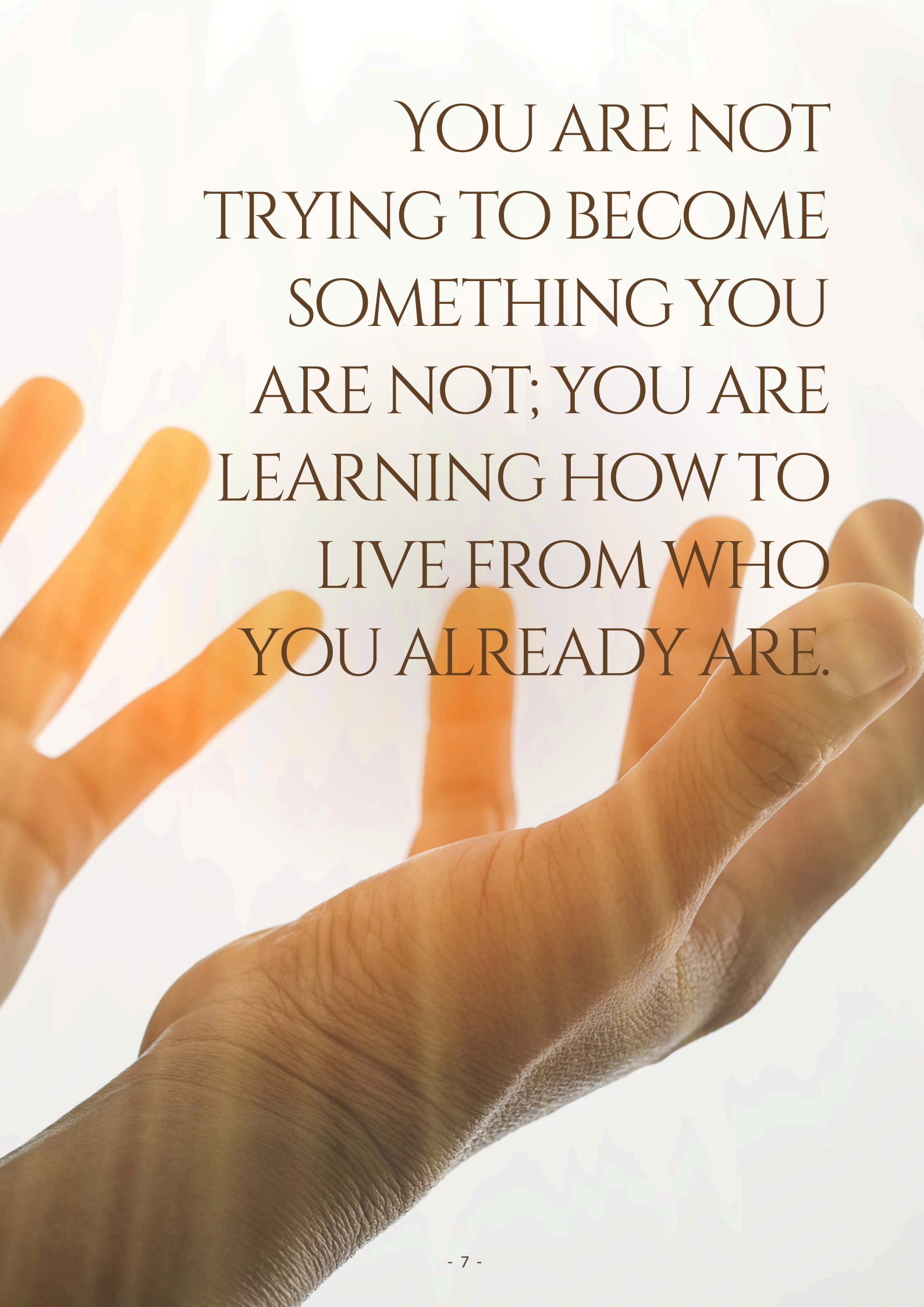
The challenge is not in your spirit but in your mind. Your mind acts like a valve, determining how much of what is true in your spirit is expressed in your everyday life. As your mind is renewed with truth, what is already alive in your spirit begins to flow into your thoughts, emotions, decisions, and actions. Intimacy with the Father grows as you learn to live from this place of union rather than striving.

Reflection Questions:

- Do I live as though my spirit is truly new?
- Where have I been waiting to “feel new” instead of believing I am new?

Prayer:

“Holy Spirit, help me live from the truth of who I already am in You.”



YOU ARE NOT
TRYING TO BECOME
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DAY 3

GRACE IS GOD'S POWER AT WORK IN YOU

Scripture: Ephesians 2:8, Hebrews 4:16

Grace is not just God forgiving your past; it is God actively supplying His ability to your life right now. Grace is how heaven meets your everyday reality. It is God's empowering presence at work in you, enabling you to live in ways you could never manage on your own.

Faith and grace work together, but they are not the same. Grace is what God freely provides. Faith is simply our response. Faith does not strive to earn what grace has already made available; it receives what God has already said yes to. Everything you need for life, freedom, and transformation has already been supplied through Christ. Faith is how you access it.

As your understanding of grace grows, your confidence grows with it. The more you immerse yourself in God's Word, the more aware you become of what is available to you.

GRACE INVITES YOU TO COME
BOLDLY, NOT HESITANTLY.

Hebrews reminds us that we can approach God with confidence, knowing that mercy and grace are always available when we need them.

Grace is never scarce. God is not withholding. Faith simply agrees with what is already true and steps forward to receive it.

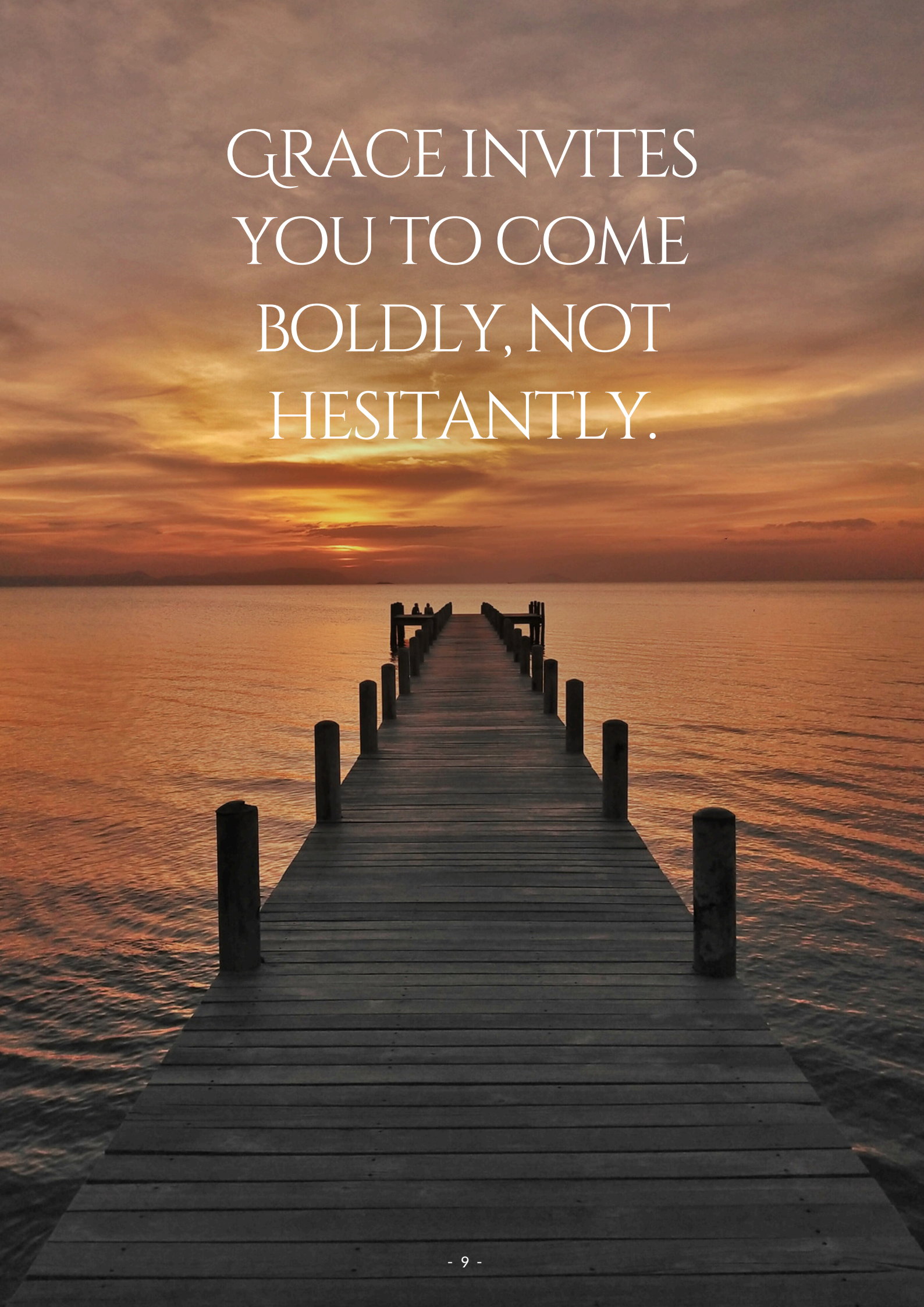
Reflection Questions:

- Where have I been striving instead of receiving?
- What would change if I truly trusted God's grace today?

Prayer:

"Holy Spirit, teach me how to rely on Your power instead of my own strength. Give me fresh revelation of Your grace in my life."

GRACE INVITES
YOU TO COME
BOLDLY, NOT
HESITANTLY.



YOU ARE A NEW CREATION

Scripture: Romans 6:6, Galatians 2:20

Romans and Galatians make it unmistakably clear that your old self was crucified with Christ. That means the person you used to be, defined by sin, shame, fear, and separation, was dealt with once and for all at the cross.

When you were united with Christ, you received a new identity. You were buried with Him, raised with Him, and now you live from His life within you. The old life is not being improved; it is gone. The new life is Christ Himself living in you. This is why Paul could say, "It is no longer I who live, but Christ who lives in me."

Many believers still see themselves as sinners trying to become holy, striving to overcome something that Jesus already defeated. But sin no longer owns you. It no longer defines you. Its power was broken at the cross. You may still feel temptation, but temptation does not mean ownership. You are not walking according to the flesh but according to the Spirit.

Freedom grows as you agree with what God says is already true. As you renew your mind to this finished work, your behavior begins to align with your identity rather than contradict it.

YOU DON'T PURSUE HOLINESS TO EARN ACCEPTANCE;
YOU LIVE HOLY BECAUSE YOU ARE ALREADY ACCEPTED.

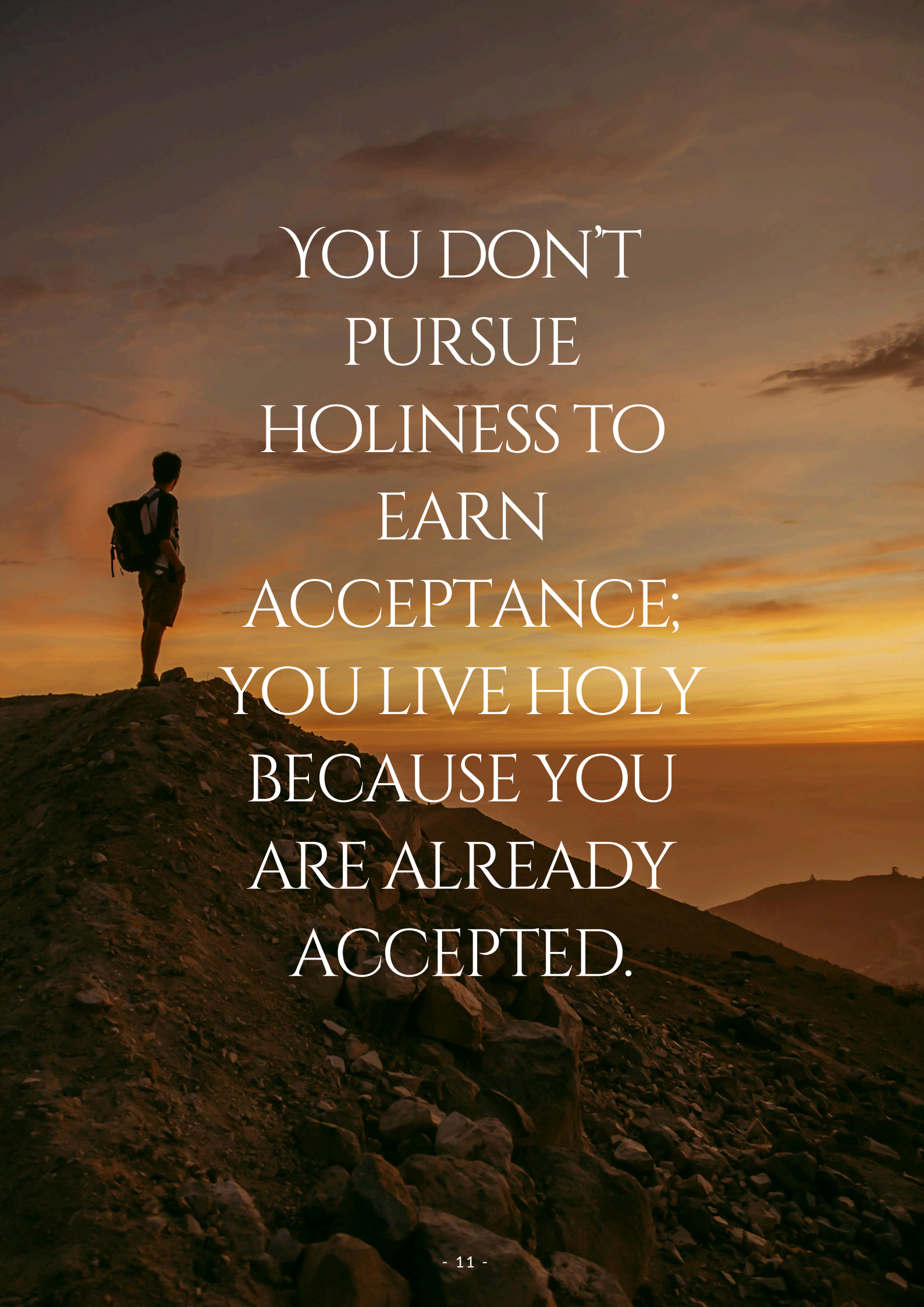
You are a new creation learning how to walk in the freedom Christ secured for you.

Reflection Questions:

- Where do I still think of myself as my past?
- What truth does God want me to embrace today?

Prayer:

"Holy Spirit, help me see myself the way You see me."

A person with a backpack stands on a rocky ridge, looking out over a valley at sunset. The sky is filled with warm, golden light, and the landscape is silhouetted against the bright horizon. The text is overlaid in white, serif font, centered on the right side of the image.

YOU DON'T
PURSUE
HOLINESS TO
EARN
ACCEPTANCE;
YOU LIVE HOLY
BECAUSE YOU
ARE ALREADY
ACCEPTED.

RENEWING YOUR MIND

Scripture: Romans 12:2, Ephesians 4:23–24

Transformation does not start with disciplining behaviors—it starts in your thinking. At salvation, your spirit is made brand new and instantly united with Christ. Your spirit already knows the truth. But your mind still remembers what used to be true. That gap between what your spirit knows and what your mind believes is where most believers struggle.

RENEWING YOUR MIND IS THE PROCESS OF
BRINGING YOUR SOUL INTO AGREEMENT
WITH YOUR NEW REALITY IN CHRIST.

Romans 12 tells us that transformation happens as our thinking is renewed, not by trying harder or behaving better. Ephesians says we are made new as we put off the old patterns of thinking and intentionally put on truth. This is not about self-improvement; it's about alignment.

Your thoughts shape your emotions, your emotions influence your choices, and your choices create your experience. When your mind is unrenewed, it will argue with your spirit and resist what God says is true about you. But as you consistently expose your mind to the Word—through study, confession, and meditation—the Holy Spirit begins to rewire how you think. Old lies lose their power, and truth becomes your default response.

Freedom doesn't come from knowing truth intellectually. Freedom comes when truth is believed. What you believe shows up in how you live.

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AS YOUR MIND IS RENEWED, HEAVEN'S REALITY BEGINS TO MANIFEST IN YOUR DAILY LIFE.

Peace replaces anxiety. Confidence replaces insecurity. Obedience becomes natural instead of forced. Truth believed becomes freedom experienced.

Reflection Questions:

- What thoughts have been shaping my behavior?
- What truth do I need to confess daily?

Declaration:

I chose to believe what the bible says about me.

Activation:

Write one identity statement and speak it out loud today.



DAY 6

AUTHORITY RESTORED

Scripture: Matthew 28:18, Ephesians 2:6

Authority was lost in the garden when Adam believed a lie, but it was fully restored through Jesus. When Jesus said, “All authority in heaven and on earth has been given to Me,” He wasn’t just making a statement about Himself; He was setting the record straight.

THROUGH THE CROSS AND RESURRECTION,
JESUS TOOK BACK WHAT WAS LOST AND
SEATED US WITH HIM IN HEAVENLY PLACES.

This means your authority is not something you earn, work up, or try to maintain through effort. Authority flows from identity, not striving. You don’t step into authority by trying harder; you step into it by agreeing with what God has already done. Ephesians tells us that we are seated with Christ—not someday, but now. From that position, we learn how to live and respond on the earth.

Many believers spend their lives asking God to do things He has already authorized them to walk out. We pray from the ground up instead of from our seat in Christ. But when you understand who you are and where you are positioned, your prayers shift. You begin to speak and act in alignment with heaven, not from a place of fear or passivity.

YOU CARRY REAL AUTHORITY OVER SIN, SICKNESS,
DEMONS, AND THE SYSTEMS OF THIS WORLD—NOT
BECAUSE OF YOUR STRENGTH, BUT BECAUSE OF
YOUR UNION WITH JESUS. THE INVITATION IS TO
STOP WAITING AND START OBEYING.



DAY 6

As you listen to the Holy Spirit and take simple steps of obedience, authority becomes something you walk in naturally, not something you strive to prove.

Reflection Questions:

- Where have I been asking God to act instead of stepping into authority?
- What situation needs my obedience today?

Prayer:

“Jesus, teach me how to walk in the authority You’ve given me.”



THE INVITATION
IS TO STOP
WAITING AND
START OBEYING.



DAY 7

ONENESS WITH THE FATHER

Scripture: John 17:20-23

Before Jesus went to the cross, He prayed for you and me. He desired that you would experience the same oneness with the Father that He Himself lives in.

JESUS REVEALS THAT THE CHRISTIAN LIFE
FLOWS FROM UNION, NOT EFFORT.

You are not striving to get closer to God; you are learning to live aware of the closeness you already have. The Father is not distant or withholding. Through Christ, you have been brought into the divine relationship of love, belonging, and shared life.

The Holy Spirit makes this intimacy tangible. He draws your attention to the Father's presence, teaches you how to remain in that connection, and empowers you to live from it. As you grow in intimacy, obedience becomes natural, peace becomes steady, and your life begins to visibly reflect the love of God to others.

Intimacy with the Father is not built through striving but cultivated through surrender, listening, and trust.

Reflection Questions:

- Where do I need to slow down and become more aware of my connection with the Father?
- What distractions or self-effort keep me from resting in intimacy with Him?

Prayer

"Father, thank You that I am not separated from You. Thank You that through Jesus, I am brought into oneness with You. Holy Spirit, help me live aware of this intimacy. Teach me to listen, to trust, and to remain in Your presence. I surrender my striving and choose connection. Amen."

JESUS
REVEALS
THAT THE
CHRISTIAN
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WHAT NEXT?

As you close this devotional, consider where the Holy Spirit may be inviting you to go next. If you sense a stirring to learn more, to grow in confidence, or to be further equipped to walk in the Spirit's power and presence, Jacque Carnochan offers teaching, training, and resources to support that journey. You can connect with her and explore what's available at jacquecarnochan.com, where the invitation is always to go deeper, remain grounded, and continue partnering with God in everyday life.

