



# *Living and Walking in the Spirit*

R.H. KOIDE

Living and  
Walking  
in the  
Spirit

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## DEDICATION

Theodora Leinaala Poepoe Koide, in the Spirit of Love, was able to teach her children, through her “Ohana,” those of Hawaiian ancestry, the true meaning of Love.

On February 23, 2016, at the age of 93, she went to sleep peacefully and in the comfort of her Lord and Savior Jesus Christ.

*Living and Walking in the Spirit* is dedicated to our mom and to all who are committed to dying to the flesh, “I, me, self” spirit and living in the body of Christ.

Through the Spirit of Love, may we come to understand the Way, the Truth and the Life, for the present time, in which we live.



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## CREATED IN THE IMAGE OF GOD



In 2010, we had our home re-roofed with a new roof coating, which would help keep our home 15-20 degrees cooler during the hot summer months.

My wife had a concern about the rain run-off falling over the back stairs. In 2007, we added an addition, and also put in the stairs, to the back of the house. There is a valley, where the original roof connects with the roof of the new addition. When it rains, the runoff collects and falls over the stairs. I expressed this concern to the salesperson. He stated: "The runoff would be diverted to the side, and less rain runoff would fall over the stairs."

Guess what? A few days later it rained and June said to me: "You said the rain runoff would not fall on the stairs." I responded, "When it rains, it's going to go all over the roof. Some will be diverted to the side of the stairs but not all of it. You can't stop the rain from falling on the entire roof!" Her reply to me was: "Don't talk to me like I'm stupid." She was

upset, but I did not like the accusation—"but you said."

We avoided speaking to each other the rest of the day. The next day was Veteran's Day. I got up at 5 in the morning to go workout with her at the 24 Hour Fitness. I went to get ready in the guest bathroom, located at the front of the house, and when I came out, June had already left.

A lot of crazy, negative thoughts, ran through my mind. My pride was hurt. Why did she treat me like this? Am I a lousy person?

I will always, remember, "Out of something bad something good is going to happen." God has a purpose in the trials and tribulations we experience.

### ***Prayer***

Heavenly Father, bless us as we study from Your Word, to be perfect (blameless).

We are led to believe this is impossible. We keep trying to do things our way. Give us understanding through Your Spirit. We ask this in the name of Jesus Christ.

Amen.

Why did I get so upset with the person, who was my wife, my lover, my companion, and my best friend?

I arrived at the 24 Hour Fitness about 5:45 a.m. and started my normal exercise program. I began praying and asked the Holy Spirit to teach me to be patient, kinder, loving and forgiving.

The Spirit of God led me to consider, with a deeper understanding, how Adam and Eve sinned against God. We have been taught to believe Adam and Eve died spiritually. But, what happened that fateful day in the Garden of Eden? I believe the Holy Spirit led me to consider several things.

- \* Are we created in the image of God?
- \* Does God expect us to be perfect?
- \* Is the Old Testament, the Old Covenant just as important today?
- \* Is the New Testament, the New Covenant better than the Old Covenant?

## ***We All Must Study the Word of God Daily***

Luke 11:9; And I say unto you, Ask, and it shall be given you; seek, and ye shall find; knock, and it shall be opened unto you.

Humans think being perfect, or that perfection, has to do with living a godly life, not sinning, not hurting others, not cheating, not stealing, not committing adultery, not killing—being good. Trying to keep the Ten Commandments, we find ourselves failing most of the time. We become discouraged; comparing ourselves with others, we realize this is impossible. We feel defeated, wanting to quit trying, and giving up.

Jesus knew the greatest problem mankind had when they came into this world was **the way in which they loved**. The only way mankind could be completely obedient was through the New Covenant, the New Testament. This is not a new law. It is a new mind! A new heart! Through Jesus Christ, in the Spirit of God, we can love God and others. Remember, Jesus said, “I am the way, the truth and the life.” In the Spirit of Love, Jesus provided the way in which mankind could love as God loved the world.

## ***Perfect and Blameless***

Webster defines the following:

**Perfect**—complete in all respects; without defect or omission; sound; flawless; in a condition of complete excellence; completely correct or accurate.

**Blameless**—free from blame.

Adam and Eve chose to separate themselves from the Spirit of God. They were no longer righteous and holy. Adam and Eve found themselves naked, in their own self-flesh spirit.

Adam and Eve did not trust God. They no longer wanted to serve God. They wanted to be in control of their own lives. With their own mind of flesh, in darkness, they no longer believed God. Separated, without the Spirit of Love, they

could no longer love the Creator.

Can you imagine how God the Father, Son and Holy Spirit felt? What a disappointment? How discouraged, sorry, and remorseful God must have felt. God created and loved Adam and Eve, enough, to have Jesus, the Son of God, die on the Cross, for their sins.

Have you ever felt this way? Have you ever felt not loved by someone? Ever felt hated? Ever felt someone no longer wanted anything to do be with you? Ever felt rejected?

Have you ever made others feel not loved, hated or rejected?

Jesus understood without a new mind of the Spirit, and a new heart of the Spirit, mankind would never return to the image of God. Love is the bond of perfection. Through the Spirit of Love, living and walking in Jesus Christ, mankind, born of God, is blameless, righteous and holy.

LOVE! You and I need to love God with all our heart, mind and soul. This is what Adam and Eve lost that fateful day in the Garden of Eden. They lost perfect love, the image in which they were created. Adam said, "The woman whom thou gavest to be with me, she gave me of the tree, and I did eat." And the woman said, "The serpent (deceived) beguiled me, and I did eat."

Eating of the tree of the knowledge of good and evil, both Adam and Eve were not the beings, created in the image of God. They were spiritually dead, without the indwelling Spirit of God.

In darkness, no longer connected in the spiritual light, they saw themselves naked. They tried to hide from God, the Creator. They were afraid, living in guilt and shame, spiritually blind and spiritually dead.

If Adam had remained in the Spirit of Love, righteous, holy, and perfect (blameless), he would have kept Eve from eating of the tree of the knowledge of good and evil. Adam would have given his life to save Eve. Adam, in the image of God, perfect (blameless) might have influenced Eve to turn from being deceived.

The image of God is His character. God is love! This is

who He is! His love is righteous. His love is perfect. Jesus wants you and me to be one with God the Father. Jesus wants us to remain in His image. We were created in the image of God, to be perfect in love, to love God and others.

We must love the ugly, the leper, the prostitute, the rapist, and the murderer, worst of all sinners. But how can we do this when we sin, separating ourselves from the God of love?

God calls us liars when we fail to love the unlovable and say that we love Him.

Remember, there are many hurting individuals who are sick, crippled, suffering from pain, with cancer, diabetes, the homeless, elderly, hungry, cold, lonely, blind, deaf, mute, in the hospitals, in prisons and on the streets yearning to be loved. When you see or think about someone in this situation, how do you feel? Are you hurting? Are you suffering?

Living and walking in the Spirit of God, filled with compassion, you cannot but be concerned about others, and you will suffer. You will hurt, because this is what happens, in perfect love, in the image of God. By our actions, by our fruits, the world will know, we are the children of God.

The fruit of the Spirit is Love! Whenever we find ourselves having a difficult time loving others, it is because we have not been made perfect in God, in His love. When we are living and walking in the Spirit of Love, in the mind of Jesus Christ, in the image of God, we are perfect, blameless, righteous and holy, and we will love God and others.

**There is no law against the Law of Love. Why? Because it is perfect (*blameless*), righteous and holy; this is the image of God, the Father, Jesus Christ and the Holy Spirit.**

How can we do this? Through the Power of the Holy Spirit already existing within us!

Only through the power of the Holy Spirit are we able to love God with all our heart, mind and soul. God is love. He wants us to remain perfect in His image. We need to, daily, seek His face, pray, humble ourselves, and turn from our evil ways. This can only be done when we live and walk in the



Spirit of Love. God promises to hear and answer our prayers.

We were created in the image of God, in His character of Love. This is not something you put on or take off, each and every day. Mankind in Jesus Christ is a new creation, “born again” to be righteous and holy, perfect and blameless.

When Jesus comes, those living and walking in the Spirit, eagerly await the arrival of the King of kings and Lord of lords. They enter into the kingdom of God, in His image; perfect, blameless, righteous and holy.

When I got to the 24 Hour Fitness, my wife said, “I’m sorry, I did not know you were coming to exercise this morning.”

The Spirit of God had already changed my attitude, my heart and my mind. God had an important lesson for me to learn. Only by being connected in the Spirit of God, I am able to love God with all my heart, mind and soul. Unless, living and walking in the Spirit of Love, claiming to love God whom I cannot see, and not loving those whom I can see, I will continue to hurt others and live as a liar.

### ***Prayer***

Dear Heavenly Father,

Thank you for the gift of the Holy Spirit, the power whereby we may worship You in Spirit and in truth.

Help us to abide, remain, connected in the mind of Jesus Christ, living and walking in the Spirit of Love.

Continue leading us in the Holy Spirit into a deeper understanding, that we may as children of God live and walk in your image, perfect, blameless, righteous and holy.

In the name of Jesus, we ask.

Amen.

## ***According to Scripture***

*Genesis 6:9; These are the generations of Noah: Noah was a just man and (blameless) perfect in his generations and walked with God.*

*Genesis 17:1; And when Abram was ninety years old and nine, the Lord appeared to Abram, and said unto him, I am (Heb. El Shaddai) the Almighty God; walk before me, and be thou perfect (blameless).*

*Galatians 5:22; But the fruit of the Spirit is love, joy, peace, longsuffering, kindness, gentleness, goodness, faith (faithfulness) meekness, self-control (temperance: Against such there is no law.*

*Matthew 5:48; Be ye perfect, even as your Father which is in heaven is perfect.*

*Colossians 1:28; Whom we preach, warning every man, teaching every man in all wisdom; that we may present every man perfect in Christ Jesus.*

*Ephesians 5:1, 2; Be ye therefore followers of God, as dear children; And walk in love, as Christ also hath loved us, and hath given himself for us an offering and a sacrifice to God for a sweetsmelling (aroma) savour.*

*John 14:6; Jesus saith unto him, I am the way, the truth, and the life: no man cometh unto the Father, but by me.*

## WHO HAS YOUR NUMBER?



On May 26, 2014, I checked my e-mails on my personal computer and kept getting the prompt on the screen to enter my e-mail address and password; never had a problem with this before.

I remember getting a pop-up on my computer screen, while checking my e-mail messages, prompting me to sign up to have all my files backed up for a certain dollar amount per year. It started to run a quick check of my files and found 99 potential problems and prompted me to answer if I wanted to have them remedied. I responded, “no.” Another e-mail message was received; 13 days remaining to sign-up. Each and every day, since, I kept getting e-mail messages to sign-up before the deadline. After the deadline, another e-mail message came with an additional 50% discount offer, if I accepted within the next 12 hours. I responded by deleting those e-mail messages, and others, during the next few days.

Why was I getting those prompts for my e-mail address

and password? I spoke with my golf buddy and he stated, "You might have a virus or could have been hacked."

After a day of golf, I needed to take care of three things, which were written down on a piece of paper the night before.

First, call the electric company for an update regarding the start date for the installation of our solar voltaic system.

Second, call the company which provided the television, Internet and telephone services. Ricky, the representative was very patient, assisting me online with the problem with my e-mail account. From his desktop computer, he was able to get into my e-mail account. He mentioned, "You should get someone to take a look at your computer, it might have a virus." Right away, I contacted the person who has handled the security and other licenses for both my wife's and my computer. This person has also handled the company's computers for over 20+ years. After explaining about the situation with the e-mail problem, he asked for my e-mail address and password.

The next morning, at 2:10, it dawned on me, the reason I kept getting the prompt to enter my e-mail address and password was for my protection. There is a need for all this security, especially with our computers, e-mail accounts and the Internet. With the many scams, hackers and viruses with the potential to create havoc with our computer files, we need all the security we can get.

So, why did I get upset with my wife? I had written on a piece of paper to call the company which handles our television, Internet and telephone services. Two years ago, she signed up with the company. The account was under her name and I asked her for the record of my e-mail address and password. She stated she did not have it and did not know where she might have filed it.

I asked her for the phone number to be able to talk to someone regarding my e-mail problem. She gave me the last billing invoice with the phone number to call for assistance. It was already past 7 p.m. and I decided to wait until the next day to make the call.

The next day, after golf, around 2 p.m., I went to get the phone number and make the call. The billing invoice with the phone number was not on my desk. Instead, there was a manila folder with the record of my e-mail address and password. I asked my wife about the billing invoice with the phone number, which I left on my desk. She responded, “I did not take anything from your desk.” I responded, “Well, it’s not there.” She was adamant, “I did not take it.” Now, I was beginning to get upset, hoping to resolve the problem with the e-mail. After following me into the computer room, she stated, “I put the manila folder with your e-mail address and password on your desk; the number to call is written on the inside of the manila folder. Did not think you needed the billing invoice with the phone number and assumed you had it written down somewhere?”

After talking with the person who takes care of our computers, my e-mail account was up and running.

There were three things I wrote on the piece of paper the night before:

- \* Call company to resolve e-mail problem.
- \* Call electric company for the update of solar voltaic installation
- \* Call person regarding the book, *GRACE*

I had already talked to the individual at the electric company regarding the solar voltaic installation and resolved the e-mail account problem.

Although, a little upset, I decided to call the person who heard a short message I presented at a funeral service. She was impressed by the Spirit of God to stop and speak with me after the funeral service, wanting to know more about God, about heaven and walking on streets of pure gold. I told her about the book, *GRACE*, which was published at the end of 2013. She went on the Internet and bought a copy.

Prompted by the Holy Spirit, I made the call. She requested prayer for a physical problem; getting rid of the material things accumulated throughout her lifetime. What she shared next really hit home; she spoke about how her

daughter and son did not like hearing about God and people calling themselves “Christians.” She shared an experience her daughter had with a pastor, who yelled at her. She told the pastor, “How can you say you love God and yell at someone?” You can understand why she told her mother she had no desire to be associated with this organized church.

At 2:10 the next morning, the Spirit of God woke me up with the question, “has Satan got your number?”

My patience has not been very patient. Satan has my number! And he has been playing it over and over again, especially with those who are closest to me. If I can’t love and be patient with the ones closest to me, how can I be patient and love others?

The Spirit of God had a very important lesson for me. This lesson is about loving God, loving my wife and loving others. Because of my own stubbornness, hard-head attitude, depending upon myself, trying to be good, I fail every single time. God has a purpose in everything that happens in our lives. He has our best interests in mind. He wants all of us to love Him and to love others. He wants us to have a place in His heavenly kingdom. God has done everything possible to make that happen for each and every one of us.

What will it take for me to stop hardening my heart, quit trying to make it into the kingdom of God by my own works? When will I finally believe what Jesus said? “Of yourself, you can do nothing.” Jesus is saying, the only thing I am able to accomplish of myself is evil. Others will feel not loved, not wanted, and they will have no desire to be associated with me or in what I have to share with them.

Only by dying to my “self spirit” and living in Christ will I finally overcome my weakness, my infirmity and this sin in my life.

The Holy Spirit has been prompting me each and every day to enter my spiritual e-mail address, my spiritual password, for my very own spiritual protection. There is a great need for all the spiritual security and protection available to keep me from being scammed, hacked and attacked by the viruses of Satan the devil.



My spiritual e-mail address is: **Jesus Christ, King of kings and Lord of lords.**

My spiritual password is: **Jesus loves me.**

Yes! Jesus has my number, but He wants more! Jesus wants my life! He invites me to come unto Him. This is the “Rest” Christ established for those who believe in Him.

By the grace of God, I will trust and believe Jesus Christ is the way, the truth and the life.

Each new day I must live in Christ, enter the Heavenly Sanctuary, and remain in His “Rest.”

### ***Prayer***

Dear Heavenly Father,

Thank you, for Your patience; for the trials and tribulations which help me, by faith, believe and trust in You.

Continue to teach me to humbly bow before You; abiding, remaining, resting, living and walking in Your Spirit of Love.

Please help me each new day, enter into Your Security, Haven, Protection, Sanctuary and Rest.

These blessings, I ask in the name of Jesus Christ, my Lord and Savior.

Amen.

### ***According to Scripture***

*Romans 5:3; And not only so, but we glory in tribulations also: knowing that tribulation (produces perseverance) worketh patience.*

*Romans 15:5; Now the God of patience and (comfort) consolation grant you to be likeminded one toward another according to Christ Jesus.*

*1 Timothy 6:11; But thou, O man of God, flee these things; and follow after righteousness, godliness,*

*faith, love, patience, meekness.*

*James 1:3; Knowing this, that the (testing) trying of  
your faith (produces) worketh patience.*