

Interview with Lindsay van Zyl  
Monday, April 27, 2020  
Day 1 of Three-Plus-Me 5-Day Challenge

**Lindsay:** Hello and welcome to the Three-Plus-Me 5-Day Challenge. We are so excited to have you all a part of this challenge with us. I know that there are people tuning in from all over the world right now, and we cannot wait to get started so we're not going to wait anymore. My name is Lindsay van Zyl and I am here with someone I am sure you are very familiar with, Graham Cooke.

Hey, Graham!

**Graham:** Hey, how are you doing?

**Lindsay:** I'm really excited for this conversation. We're kicking off Day 1 by laying the groundwork for what we mean when we say "Three-Plus-Me." But even before that, I want to talk about this word 'challenge' because I know that it can have a negative meaning or definition. Sometimes we say, "I'm being challenged by this person," or "I'm being challenged by this circumstance," or "This is a really challenging situation!" meaning it's a hard situation. But if I know nothing else except for this truth it is that the Kingdom works opposite of the world and the new man, the new us, responds in the opposite spirit. So that must mean that 'challenge' has a different definition for the new man.

Can you talk about that, Graham?

**Graham:** Yeah. I think primary purpose goes all the way back to Genesis 1:26. The first God ever said about people was, "Let Us make them in our image according to our likeness." So the challenge in every situation is to become like God. It's not about the circumstances first, it's about you discovering what God wants to be for you now because He is always upgrading your identity. So when you focus on circumstances, "What am I going to do about this?" and you don't actually upgrade your identity, you have just guaranteed that the circumstance is going to come back around. Everything is relational with God so it's always about primary purpose. He has been faithful to that for thousands of years. So the challenge is God is giving me something else instead of this so I need to know what God wants to be for me. I need to know what part of me is going to get an upgrade in terms of being like Him and becoming like Him. It's always about that. In Scripture when God says, "Give Me the preeminence," He is not saying, "In your circumstances glorify Me," and all that kind of stuff. What He is saying is, "Remember, I am putting something into you so make that your preeminent thought." This situation is going to empower me to become more like Jesus so I want to know what that looks like, and then we'll get to work on the issue itself. So primary purpose is the challenge for us--being made in God's image—learning to see like He sees, think like He thinks, talk like He talks, and act like He would act. Primary purpose. That's the big challenge for all of us, I think.

**Lindsay:** And it's that primary purpose that then challenges the circumstance versus the circumstance challenging us. It's a whole different shift in perspective.

**Graham:** It totally is because if you understand, "This situation is about me becoming this... like instead of me being anxious and worried this situation is about me gaining more peace so let's do that, and then we'll focus on the situation because probably seven times out of ten your identity in Jesus trumps the situation. It overpowers it. So what we're learning is that what we need is inside us already.

So it's always Three-Plus-Me, and God's answer is, "Me first. Let Me do this in you so that you can become like Me, and then together we can face this in a very different way."

**Lindsay:** And what is so cool is that none of this is going to be theory for us because we all find ourselves in a situation with this global pandemic, and like you said when we were thinking through this challenge this is the perfect time to learn our identity in Christ as a reality, not a concept.

**Graham:** Exactly.

**Lindsay:** So we're all going to be leaning into this together. In the Three-Plus-Me challenge the focus really came from this reflection, this conversation, you were having with your wife, Theresa, and then later with your team, about while we are all sheltered in and locked down and self-isolating, we're actually never alone. Talk about that.

**Graham:** Right, exactly. We were just talking about it, "What does it mean for us as a couple to be in this situation?" and then actually it just popped into my head—it was like a weird British joke—how is it possible for Christians to self-isolate when you have Three other People living in your life? That came out of my mouth and Theresa looked at me and said, "THAT is so funny!" And I'm thinking that is not just funny, that is brilliant!

So we can't self-isolate, and God is not interested in self-distancing. (Laughing) He is not going to stay away from us! He said, "I am always with you, and I am right in your heart, so I am not practicing the 6-ft rule with you! I am in your heart right now and you need to know Me, how I want to be known in these situations."

We've all got some great learning! I believe about this pandemic that God has granted us respite. He has granted us respite from our normal routine—work, duty, all the things we have to do—a lot of that is cut away and He has granted us a rest period so that we can catch up with Him and live in the way that He wants us to live. Theresa and I are very focused on that—catching up with God—making sure that we're right on top of where God wants us to be.

**Lindsay:** I agree. I believe that there is this divine respite, this divine re-set for many of us where God is offering an upgrade in His rest, in His renewal, and giving us a full-blown revelation of the access that we actually have to His unlimited resources. And one of those primary, amazing, never-changing resources is that empowering Presence that is always within us. Part of the invitation, I feel like, for this season is becoming more aware of His Presence.

Graham, you said something to me a couple years ago, actually, that has always stuck with me and my initial reaction to it was actually pretty volatile. What you said was, "I have not worried in over 30 years." When you first said that I thought, "That can't be true," which is a horrible implication because it implied that you were lying to me. But as I have sat under your mentorship being a Brilliant TV subscriber for many years, I've just watched as you've lived this truth out that we do not have to be worried about anything.

How is that possible?

**Graham:** I think it's because Jesus is the Prince of Peace and He lives in you. He was really clear in John 14:27 when He said, "My peace I give you--not as the world gives—don't let your heart be troubled. I have overcome the world!" So here is the Prince of Peace living in you and He has never had a day of worry in His life. What He is saying is, "If I am making you like Me, then you get to come into all of this territory in terms of identity, in terms of who we are, and you get to live from a different place." So I realized that the Prince of Peace is living in me. Before that I was always thinking peace is something on the outside that I need to bring inside. Then what I realized was that I already have peace inside because there are Three of them and they are

all practicing their peace in me so I need to get with the program! Really, I needed to come into alignment with my inner self and God. God is always in me. I need to line up so that who He is rises up inside of me. God isn't going to give me something from outside—He put Jesus on the inside of us so that Jesus could be the one who receives everything, then the Holy Spirit allows that to come up out of my heart into my conscious mind, and so on. So I am living in this Three and they have a different picture of my circumstances than I do. So I am the one that needs to refocus.

I love the whole idea of Three-Plus-Me because it's so simple on the one hand, but it's so profound on the other, and it has a hugely powerful focus for us because straightaway we're right there with the Lord.

**Lindsay:** Yeah. I think I used to live backwards like you talked about where when I needed peace I was trying to get it from my head down and instead it was about letting the peace that was already in me, in my spirit, rise to them permeate my thoughts and my emotions and settle all the head noise, settle the negativity, silence the accusations, silence the confusion, and that has really made the difference. Part of my testimony is that I used to have numerous panic and anxiety attacks and now I'm totally free because I have this revelation of the Prince of Peace in me always there, never leaving to show up later again.

**Graham:** Right! I love that! I remember God teaching me that whole thing. I was staying in a hotel on the 40<sup>th</sup> floor and He was talking to me about, "Graham, everything is in you and it has to rise up within you. You've got everything you need right now. It's in you, but it has to rise up."

I'm on the 40<sup>th</sup> floor and I'm meeting a friend down in the lobby, and as I'm walking towards the elevator, He said, "So how does the elevator work?"

I said, "Lord, you press the button and it comes up."

And He goes, "Ah, like something else I know."

And I'm thinking, "OMG! That's it! That's the perfect illustration. I can grab hold of that. I call peace up and it comes. You press the button and it rises up within you. It's not coming from outside, it's coming from within. It's like you call it up in the same way that you call up the elevator, "Lord, let Your peace rise up within me, in Jesus' name."

So I just started practicing that and that literally is how it works. You can't understand it, you have to experience it because the Bible says in Philippians that it's the peace of God that passes all understanding. In other words you can't understand it, it's a pure gift and a pure experience. Just let it rise up. You call it up, it will come just like the elevator. It's the same principle, the same practice. I love how God makes things so available to us by example. So I've been calling up peace all the time. I call it up and I just get on with things. Sometimes the elevator comes right away, and sometimes it's a process as it comes up, but I'm always expecting it to come, and it does. More often than not, it's an express elevator. I think it depends on the circumstances maybe.

If you know in a situation how to practice peace in that situation, you have the permission to have the answer straightaway because you've had an experience. So I like that, too!

**Lindsay:** I think that's a huge shift for so many of us because there is sometimes this sense of sole responsibility, you know, "It's up to me to become more peaceful. It's up to me to figure out what God is speaking right now. It's up to me..." and what you're saying is that it's actually not about you at all!

**Graham:** Right! This relationship is primarily about God in you. That's why He says, "Give Me the preeminence. You connect with Me and it will work differently rather than you trying—most Christians will be praying, "Lord, give me this, this, and this so that I can do that." And He is looking at you going, "That's not how the Kingdom works!" The Kingdom is, "We're living inside of you, you give Us the preeminence so you connect straightaway with Us, and then you have an expectation that what is in you is going to rise up because We're always here helping you and supporting you. We don't want you to be fixing anything. We want you to be engaged with Us and then We will engage with you." It's like God's focus is on you, so your focus needs to be on Him.

Things in the world demand our focus. But we need to go inside and then God will deal with us on the inside and then we can deal with the external thing later. But the internal thing is the most important. Being made like Jesus is the prime thing. Becoming like God is the prime thing in every situation.

The truth is, Lindsay, that if we don't make the appropriate change that God wants—He is trying to make us like Him—if we don't get it, it has to come back around. So my question to people is, "How many times have you faced this same situation, even in the last two years? How many times have you had a situation come and you've had an opportunity to practice peace but you chose anxiety instead?" When you make a bad choice like that, you are guaranteeing that you are going to have to face the same situation again because God's purpose is to make you like Him. So I focus on primary purpose all the time because I don't want to do this thing again! I want to get it down pat right now, and I also want the experience of God right now. We focus on God and He focuses on us, and it works.

**Lindsay:** In that cycle that you speak of, those circumstances coming back around, that is done from the place of love from the Lord because He so desires to upgrade us and He's not giving up on that. So it's not done out of condemnation, it's done out of the opportunity for an upgrade that He does not want us to miss out on.

**Graham:** Yeah, absolutely. He is always concerned about bringing you into a fuller experience of who He is. That's really important to Him because He knows what's best for us. They are living in us because they want to bring out the best of them in us. So the important thing is always to go in before you go out.

My favorite question is, "Lord, what is it You want to do in me right now?" I don't want to miss that! That is relational learning at its best. All your life situations are about empowering you to become like Jesus. So if you have a really annoying person in your life, you're probably learning patience, right? Here's the thing: You can't learn patience when everything is going well. A lot of the fruits of the Spirit are grown in the soil of a situation that is difficult.

So how do you grow in kindness? Kindness grows in the soil of a situation where somebody says something really unkind to you and you have a choice. You can either move in the same spirit, "Well, I know something about YOU, pal!" Or you can recognize, "I need to respond in the fruit of kindness." So you have a great opportunity. When everything you feel is against you, the Three People inside you are for you, and they overwhelm everything because they are that incredible. They will overwhelm everything outside but first they need to overwhelm you with how kind they are, with how good they are, with how loving they are. So Jesus, when He is teaching us love, He teaches us love in the context of us loving God and then loving other people the way that He loves us. So He's saying, "This thing is a cycle. You receive love, you give love, and then you get more love." Whatever you give to God comes back to you.

Whatever you practice in Him stays with you. It's a relational cycle that God uses.

I think maybe one of the problems is we don't really get taught the ways of God often—how God thinks, how He sees, how He works, how He likes to do things, and He always has a purpose in what He is doing. Sometimes when you're fixed on the situation, you're not seeing the purpose first so often you don't know how to respond then you get scared, you get anxious, you get fearful, you get angry. You do all of that stuff and you're not practicing the Presence of God in the fruit of the Spirit.

I love that God has brought everything inside of us. It's all available 24/7 right now.

**Lindsay:** We have everything we need. There are some keys that you've shared that I don't want us to miss. You've talked about an awareness, a constant awareness of His constant Presence because He is not coming in and out of our lives. He is constant. He is never-changing. And then there is this other really important key which is expectation, which you have spoken to saying so often we're not familiar with the nature of God so we don't know what to expect. If we knew what to expect, if we understood how firm His promises actually are in our lives regardless of circumstances, and how relentless His goodness and love is towards us, that He loves us just as He loves Jesus—when He looks at us He sees Jesus—so that we can place an expectation on His goodness which then leads to trust. And again, I feel like all these happen simultaneously in the journey and they're not like you're doing and then the other. There is no graduation from each point. But talk about that trust because I think that is so important. I think sometimes we confuse what faith is versus what trust is, and I think the definition really helps make all the difference in how we approach it.

**Graham:** Right. And I think, too, the other issue with that is also knowing the difference between relationship and fellowship with God. The key thing about relationship with God is it doesn't depend on you. God put Jesus into you and the Father has a covenant with Jesus so the Father in Jesus takes care of the relationship. So you are always in relationship with God. Always. Even when you're sinning, you're in relationship with God. It's not like you sin, "Oh, I have to go!" It's not like that. He stays with you all the time. You're in relationship with Him because of what Jesus did. His covenant is with Christ in you and so it's your biggest place of safety. Now the Holy Spirit and you are responsible for the fellowship. So the Holy Spirit is my helper to empower me in all of my life situations through teaching, through Presence, through making sure I have a gift. The Holy Spirit and I are practicing fellowship not only together but with Father and Son. So if you make a mistake, it is your fellowship that gets disrupted, never your relationship. God takes care of the relationship; we take care of the fellowship with the Holy Spirit. Holy Spirit and I are working on fellowship so I'm totally safe all the time. If I make a mistake, I can apologize. It's instantly put right, and I'm restored to fellowship. I'm never restored to relationship because I'm always in it and I can't fall out of it. Do you understand that is what God is doing?

**Lindsay:** That is huge! And I don't want people to miss this, too. The fellowship is not just on you because you are still partnered with the Holy Spirit, who is a genius.

**Graham:** Right. This is the best part of Three-Plus-Me to me: Father and Son in me take care of my relationship so I'm always in the Three. I'm always there. And Holy Spirit, who is the helper and my comforter, is helping me to navigate this situation from a place of safety. My safety is I can't fall out of relationship because the Father and the Son take responsibility for that. I take responsibility with the Holy Spirit and the Holy Spirit has responsibility with me.

The Holy Spirit loves His job! He is always excited about everything. Everything is about

learning. He is always with me. He is always super excited no matter what is going on because He has never had a fight that He hasn't won! He's never had a situation that He doesn't know how to solve. He knows exactly what God is doing in my life and He is the one who helps me to line up with primary purpose—being made in God's image—but also my identity as a believer in the world. So I'm learning all the time. That's why we call it relational learning because it's all about being with God.

So when we come down to trust, we trust in the nature of God because He never leaves us nor forsakes us. I'm always astonished by that in that my number one truth about God is that He is an absolute, and I feel absolutely safe with Him. I live between Malachi 3:6 where God says, "I'm the Lord, I don't change, so you will never be consumed." Then the other side of that is Jesus always the same yesterday, today, and forever. That means God is always with you regardless. And that is massive! He is not with you according to your behavior. He is with you according to His own nature, "I won't leave you. That means you can't leave Me." Romans 8 says we cannot be separated from the love of God so He is always with you.

So we trust in His nature, which is huge because it stops us from being double-minded. Being double-minded here is that you believe, let's say, that God has the power to heal you, but your question is, "Will He heal me?" That's not a faith question, that's a trust question. "Will God heal me?" And you're saying those things because you're not confident about the love of God. The reason you're not confident is because of "my behavior, because of what I'm doing, what I'm not learning, how I'm failing. I'm not confident," because we all think that God is human.

**Lindsay:** Yeah! And then the Bible tells us the Lord knew we would struggle with that and He says, "I am not a man that I should lie."

**Graham:** Exactly! So we trust in the nature of God who never changes, who is always the same towards us. Even when we are unbelieving, He is faithful. He is faithful to us. He acts out of His own covenant with Himself, and so empower Presence means that God gives us a grace that overwhelms everything, and that grace comes with a gift of righteousness. Perfect! Empowering Presence enables us to be what God wants us to be in the situation. So then we learn trust in God's nature.

When you trust in the nature of God, you feel the love of God. You know that you are the Beloved and Scripture says faith works by love so God loves you and you believe in His power. You know that He loves you so of course He will do this! So you have faith in terms of what God will do and we're not double-minded.

I think many Christians have a double-minded focus that everything in the Kingdom depends on me and how I'm behaving. If I'm not doing well, I can't get anything.

God is totally not like that!

That's why He put Christ into you, and that's why He gave you the Holy Spirit. So it's Three-Plus-Me against everything. So I'm never on my own. He is always for me, and what I'm learning is just how to be in alignment with Him, how to be aware, how to be aligned, how to abide in that place of trust and faith.

It's the Lord who curates all of our life experiences as we give Him the preeminence, which means put Him first. Go inside first, discover what He wants to be for you, then you can come out and face the issue. But don't face the issue before you've connected with the Lord.

Very often our first response to things is to worry or be anxious or be overwhelmed. For me, it's not about worry. It's about having a sense of wonder. So I think wonder replaces worry

every single time. Something happens and I'm saying, "So, Lord, I'm wondering what it is You want to be for me. I want to have a sense of wonder right now because I know You. I've been around You long enough to know that You can turn everything to good, and so I just want to be focused on You right now so that I come out of it with my sense of wonder increased and my worry cut down even further."

I like that. Replacing worry with wonder is cool! That's a good lesson.

**Lindsay:** That is an awesome practice! Again, I don't want us to miss this because there is so much goodness—we are never alone! We are never without help. We are never solely responsible, and we are always able to expect goodness, faithfulness. Also what I'm hearing, you keep saying this is relational learning. This is a journey. This is not something that we ever graduate from, like we're not going to arrive—even after five days—we're going to move the ball forward. There are going to be upgrades galore. I can already sense there are going to be so many testimonies from this community over the next 5 days. Absolutely! That's my expectation. However, I also know it continues. So 50 years from now I'm still going to be upgraded in this revelation of my identity in Christ and the Three-Plus-Me.

**Graham:** Right, because it's about fullness. If you're living in measure right now, there's a lot of territory in you that needs to become full of who God is. If you've had 30 years of worrying, you have some unlearning to do because that means there is a territory inside you that more belongs to the enemy than belongs to you because He can touch that. Opposition attaches to what you don't remove.

So what God is doing in this is He is removing the ability to be anxious and replacing it with peace so that when you start to learn fullness of peace, the enemy can't touch you in the same way, and neither can people, and neither can situations because peace is so full you already have an antidote to any negative situation living inside of you.

I love that! I love that when we learn the ways of God, we become the antidote in a pressured situation. I know that I can walk into a room and make a difference just by my peace. I'm used to doing it in conferences. You come in and you know all of the chatter and people are coming in stressed or worried and all of that kind of thing and my job, really, as a prophet and as a speaker is to make sure that my peace is so big I could fill that auditorium. And I do that not just by speaking, but by using the right voice. So I speak in a certain way, then what happens is the mood shifts in the auditorium. That's how powerful we all are learning to become in Christ. You are the difference-maker in any situation because you know how God works. So I make that contribution into people, into circumstances. I can change the focus, the lens, just by saying, "What if it's not like that, what if it's like this...?" to get people thinking.

**Lindsay:** Because ultimately, again, Three-Plus-Me—if you're in the room, that means God is in the room! You have brought the Three with you so no matter what, if it's a difficult conversation, if it's a hard meeting, if it's just a difficult atmosphere, even with what we're facing with this pandemic—there is this fear and intimidation that can be over the airwaves and in the atmosphere—but we can shift that because of who is inside of us. That's who we bring.

**Graham:** Yeah, it's not Me-Plus-Three. It's not me having to be everything. It's the Three of them plus me. So they come muscling in because, "We're here. We're always here. We're here for you. So it's Us plus you. It's not you plus Us." It doesn't start with us. It starts with our awareness of Them and who they are, and the Three come in and straightaway they change the atmosphere inside you. They bring peace. They bring rest. They bring joy. They bring who they are.

So I like that. When God shows up, I'm expecting Him either to make me smile or to make my heart light because that's what Jesus said, "My yoke is easy. My burden is light." He's only looking after what, 7.3 billion people or something? "My yoke is easy. My burden is light." And He comes in saying, "All you who are weary and heavy-laden, I will give you rest." So it's like you don't go through something to learn peace, you have peace so that you can go through something. So He gives you rest before the problem comes. The first thing He wants to do is, "Let's just upgrade your joy, your peace." That's why He is says, "Rejoice in the Lord always, and again I say rejoice." Why? Because we start from rejoicing, we don't end up there. I mean, we'll probably be laughing more at the end of it, but we're not working through this thing in order to get joy. Joy is always in us and so when we rejoice it's because we're with the Three.

I love the way that God thinks about things. We are always working *from* something. We are always working from Jesus into something. We are never working towards God, we're working *from* God. He is in us. You have everything you need. You're learning how to use it.

That's what fullness is. You are pulling on that fullness all the time because you have an expectation. It's like you get a credit card in the mail that gives you an amount that you can have right now, but it doesn't work until you get in touch with the principal. You have to get it accessed. You have to get it online and working, and then you use it. The principle for that for me is God gives you fullness now, then He teaches you how to use it so you're not working towards fullness, you working from fullness. You have fullness now and He teaches you to draw from that account always in your situation. So we're never in a deficit with God. We're in fullness. We're in fullness now because He's full. So we have to work from who He is. That's why it's Three-Plus-Me, and I can draw on all the things that they have because that's my life now. My life is to know God and be with God. So we're never moving towards something, we're always moving from something into something.

I love that. So we're never in doubt. I have all fullness with me—He is going to teach me how to use the next part of fullness that He's given me.

So when you think problem, you straightaway think fullness. And if you don't think that, then you're starting from a place of deficit or a place of measure then you're practicing Me-Plus-Three rather than Three-Plus-Me. The fullness is the Three. I am the vessel that is being constantly filled by them in every situation regardless of circumstances.

**Lindsay:** With that in mind, let's use that in real life terms right now with this pandemic. We came into this season not starting at zero. We came into this season being fully equipped with everything that we could possibly need for this season and, because God is so good and so gracious, we are going to be coming out of this season with upgrade, with even more than what we came into it with—more peace, more joy, more patience. That's really amazing to think about it in those terms.

**Graham:** Totally! So we learn to get healed. When we have a sickness, we come to the Lord for healing. But that's not the place He wants us to live from. He wants to make us healthy. The Three of them are healthy so the real issue in a pandemic is, "Lord, I have Your health living in me."

This is really important to me because I have two pre-existing conditions that according to the world make me vulnerable. But my response to the Lord is, "Anytime situations are making me vulnerable, I want to learn how to be vulnerable to You." So I'm going to turn that on its head.

"OK, I feel vulnerable, so I need to be vulnerable to YOU, Lord, not to that."

So I'm working from strength rather than from weakness. The joy of the Lord is my strength. Just like a simple thing, the happiness of God makes me strong. I just love that. Jesus said in John 15:11, "My joy I give to you so that in Me your joy might be full." So He gives us joy, and then He wants to increase joy all the time. "These things I have spoken to you so that My joy might be in you and your joy might be full." So He is interested in fullness all the time. He is always filling something up.

I love that! It's like living in a gas station! You are always going to get filled up with something because fullness is who He is. He has put everything in us—that's fullness—and now He is saying, "Let me teach you how to draw on who I am and who you really are becoming in Me."

We're not learning these things from the world, we're learning them from the Kingdom.

**Lindsay:** Yeah, because ultimately the world doesn't have unlimited resource like we do. The enemy has very limited resource so we can so easily, when we are aware of the Lord's Presence in our lives, when we keep that expectation of His goodness, His faithfulness, His promises, and we trust in His nature, we are actually running the enemy dry while we remain full and continue to be full.

**Graham:** Exactly! The enemy has finite resources. I always think of it that the real economy is with the Kingdom. The enemy is not in the Kingdom in that sense. He is in the Kingdom of Dark, we're in the Kingdom of Light. We can see everything. So he is on a budget and we're not. That's why he uses intimidation because it's a cheap budget item in hell. If he can make you scared, worried, anxious, fearful—he's won. Cheap budget item.

It's like we've got a gun with real bullets, and he is using a paintball gun. It might make a mess, but he's not going really going to hurt you.

We're learning everything from the point of view of who is God for me--who is God in Himself, and who is God for me--and then we're drawing on that. It's Three-Plus-Me, and the enemy can't handle four of us. He could handle me if I was on my own, but he can't handle four of us. Jesus already proved that He could handle the enemy Himself. Jesus doesn't need the Father and the Holy Spirit. Holy Spirit doesn't need the Father and Jesus. They can do it individually. But together, they overwhelm not just that situation here, but the wider situation that is around you.

I love the fact that God is a territorial Spirit. He is the Original Territorial Spirit. He made everything. He owns everything, right? So He has territory in you. The reason He put Christ into you is so it guarantees that your territory is going to be vulnerable to His goodness, His kindness, and His power.

He has taken care of the inner part of you in your heart, and the problem is when we live from our head and not from our heart, then we are more vulnerable to things in the world because God works in your heart first. It's a heart relationship. We don't ask Jesus into our head, we ask Jesus into our heart. He lives in our heart. So the enemy has to get you out of that place, and he does that by getting you in your head. Your head is the one that's going to worry, your heart is not. But when you are focused on your head, you are vulnerable that the world, the flesh, and the devil wants to do. But living in your heart, you're invulnerable to that. Fullness rises up on the inside of you.

So we're living from the wrong place. We're living towards something rather than from something. We're living trying to get something from out here and bring it in here when it's already inside you.

There is such a poor theology in the body of Christ in terms of the new man and who you really are in Jesus and what Jesus really did on the Cross. I feel like right now God is saying, "We need to put all those things right." So Three-Plus-Me is a reformation. It's reformational thinking, reformational language, reformational lifestyle, putting God at the center of stuff. You make it about the Three because they are always focused on you, and then you have a unity, you have a oneness with them.

But the enemy is getting us to live from our own sense of behavior and responsibility. If we could change our behavior and become like Jesus, He need not have died. So what we're doing right now is we're practicing behavior modification hoping it's going to earn us points with God. But Jesus took all the old you away and He is bringing a brand new you in his place. So He doesn't deal with the negative in you because when God looks at you He sees Jesus. That's John 17. Jesus said, "That You may love them as You have loved Me." So Jesus in you is able to do absolutely anything that the Father wants. So Three-Plus-Me is Christ in me is my expectation of something amazing happening. I'm working from something, I'm not working towards it.

**Lindsay:** Well, Graham, I'm already feeling upgraded from this conversation and it's only Day 1! I can't believe it. It's going to be so amazing! So just for everyone who is tuning in right now, we want to help set your expectations for what you can expect and receive over the next 5 days. We're going to be becoming more aware of the constant Presence that is always in us, never leaving us, never changing. We are going to build and feed our anticipation, our expectation for all that God has promised, His goodness, His faithfulness, and we're going to solidify our trust in His nature, and I just cannot even wait to see the other side of these 5 days because I just believe so strongly that we're going to be receiving that divine respite that Graham spoke about earlier in the conversation, and we're going to be coming out of these 5 days even more full than where we've started.

Graham, is there anything that you want to add, any closing thoughts before we tie off the conversation for today?

**Graham:** Scripture says it's no longer I, but Christ. So when you put your focus on the Lord every situation is about you becoming like Him first. He is always saying, "Well, let's deal with this first. Let Me give you your upgrade and then we'll talk about the situation. I'm not going to change that in order to change you, I'm going to change you first." So what He's saying is, "If you give Me the preeminence to let Me work in you, then you always have the preeminence in the sense of the first thing I'm going to do is make you like Me." So then what happens when you understand that, no circumstance has power over you. When you know what God is doing in you, that becomes your stance in the circumstance. "This is who I am; therefore, God is going to work through me to achieve the resolution of whatever situations or circumstances I'm in."

Sometimes situations may not change like with people, but you keep growing in your peace. So if you've got someone who is always setting your teeth on edge, they may not change but you will. So your peace will rise to a point where it obliterates everything that is coming against you.

I love the fact that Father, Son, and Holy Spirit have never lost a fight yet. They are not going to lose this one. They will always bring you to victory. Their language is, "We always cause you to live in triumph. We always give you the victory." There is a language here of confidence, assurance, and it's the language of fullness where I have all these things, why should I worry?

I love the fact, too, that Scripture says that the name of the Lord is a strong tower. You have a strong tower living inside you. The righteous run in and they are safe. So we practice safety not from getting free of situations, but by getting free before we even tackle them. We practice our safety in God. It's always the Three change me and then we change this.

He is very clear about what He is doing. "I want to change you first." That's relational learning. So my question has become, "Lord, thank You for this situation. What is it in me that You want to change right now through this? What's my upgrade?" I want to know that right now because He wants me to know it, too. "What are You changing in me right now?" Then I know how I get to focus so I can learn that. As I'm learning that, what is in me now begins to interact with that situation very differently. If I'm not practicing Three-Plus-Me, the chances are I'll be agreeing with everything that the world, the flesh, and the devil are bringing. I'll be vulnerable out there. So I choose to be vulnerable in here with the Lord. So I want to ask Him that question, "What is it You are doing? What is it You want to be for me now?"

I love those questions! And He will always tell you because He wants you to know. He doesn't work in the dark with you, He wants you to be in the light with Him so you can see everything. You can see what He is doing and then you are aware, and then you align, and it works. Three-Plus-Me.

**Lindsay:** So that is the question for all of us that I would love for us to be asking today as kind of our start to Day 1, our start to this challenge is, "Lord, what are You wanting to upgrade in me and who are You wanting to be for me now in this season that I'm in?"

Graham, thank you so much. Thank you and your team for hosting this challenge. Again, I just can't wait to dive in. It's going to be amazing!

**Graham:** I know it's going to be so exciting! Both of us are going to be wanting to know what's changing, what are you becoming more of in Christ? How is your lens changing? How is your thinking coming into alignment with Jesus' heart in you? I want to know! There are going to be so many upgrades, it's going to be like Christmas and birthday and Easter and summer vacation all rolled into one because we're going to get so much stuff. We'll have to write down all the things God wants to do. And what we're really doing is we're diving into the ways of God. We learn the way, we learn the truth that comes with it, and we get the life that goes with that. That's what Jesus said, "I am the way, I am the truth. I will give you the life." My responsibility.

I love that!

**Lindsay:** Yes! What is the upgrade that the Lord is offering you today, and who does He want to be for you? That is what we are going to be asking as we dive in.

Thank you so much for joining us, Graham. Everyone, thank you. Have a great day!

**Graham:** Our pleasure. I'm excited! I enjoyed this immensely!

**Lindsay:** Awesome. Thank you!

**Graham:** Thank you!