

*Heart Transformation—the Adventure of a Lifetime!*

*The Adventure of a Lifetime*



Heart Transformation for Kingdom Living

Peterson



## Heart Transformation will ignite your spiritual life to be more purposeful and adventurous.

This process will help you love God with all your heart. When your heart is full of this love, your life will overflow in these powerful ways:

- **Overflowing with Hope**—With the Kingdom of God as your focus, all worldly desires fade because of the hope the Holy Spirit gives you.
- **Overflowing with Thanksgiving**—As the beauty of God is expressed in and through you, you are filled with gratitude.
- **Overflowing with Joy**—The Holy Spirit gives you joy that you express in praise, adoration, and honor to God.
- **Overflowing with Power**—Experience God's power as He heals your heart, and see His power working in your life to do His will.
- **Overflowing with Love**—When you learn to see others as Jesus does, you will have a passion to love the way He loved.

This workbook will walk you through the five steps of Heart Transformation, which lead to a life of love. Are you ready to begin the adventure of a lifetime?

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# HEART *Transformation* for Kingdom Living



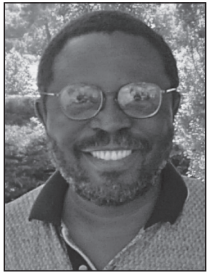
It is with great excitement and joy that I recommend *Heart Transformation for Kingdom Living*. I have found the personal, as well as community journey to be insightful, encouraging and life-changing.

John Zivojinovic—Senior Pastor



I am incredibly blessed to be enrolled in the *Heart Transformation* process. It has impacted my life significantly. It teaches me to love, seek and yearn for the Lord with all my heart, and pray to remove my love for other things.

Ms. Alemtsehay Yemane—National Coordinator YFC Ethiopia



The HT process is helping me to learn how to consider more and more how Christ would respond to the various situations in everyday life. I am also learning the power of God's grace in knowing how to always respond in obedience to Him. And, HT is helping me in meditating more deeply in the Word of God.

Emmanuel Chijindu, Youth for Christ African Area Director



Youth for Christ International searched many spiritual formation programs. We needed a process of spiritual renewal and growth not another program. In *Heart Transformation* we found a process that challenges us to examine the priorities of our lives and enter into a deeply intimate relationship, by loving the Lord with all your heart. We are excited about our partnership in all 98 countries.

David Wraight—President/CEO of YFCI



*The Adventure of a Lifetime*



**HEART**  
*Transformation*  
**for Kingdom Living**



# **Heart Transformation** **for Kingdom Living**

Pilgrim Workbook

By Keith and Karen Peterson

[www.hearttransformation.org](http://www.hearttransformation.org)

# Heart Transformation for Kingdom Living

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*Soli Deo Gloria!*

To God Alone Glory!



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## Introduction

# Heart Transformation

## Why Heart Transformation?

Are you experiencing the full Christian life as illustrated by Jesus and the churches in the New Testament? Are you fulfilling God's plan for you? Are you experiencing the full blessings of God? Are you seeing God's power flowing through you? Are you overflowing with God's presence—His peace, hope, joy, and love?

*Heart Transformation for Kingdom Living* is a process that can ignite your spiritual life to be more *purposeful* and *adventurous*. This process is designed to allow God to transform your heart to be singularly focused on living for His kingdom. When you choose to live for His kingdom, you will overflow with blessings and bear much fruit; God is pleased and glorified.

## God Uses a Partnership Process

As we begin our journey toward a heart-motivated, Christ-exalting pursuit of His kingdom, we must acknowledge that apart from God's gracious, supernatural intrusion into our lives, we won't spiritually advance—not even marginally. While growth in grace is an interactive effort between God and his people, it is critical to understand that Jesus is the “author and perfecter” of our faith (Hebrews 12:2). Paul instructed the Philippian Christians to “continue to work out your salvation with fear and trembling, for it is God who works in you to will and to act according to his good purpose” (Philippians 2:12b-13). This text beautifully illustrates the harmony of God's sovereignty and our obligation to be vigilant in the process of our spiritual growth. He also encouraged the saints at Philippi by affirming that, “being confident of this, that he who began a good work in you will carry it on to completion until the day of Christ Jesus” (Philippians 1:6). If Paul can be confident for those Christians, he is no less confident for us. King David, in his prayer of contrition, recognized that a clean heart was the work of God's special creative activity (Psalm 51:10). The reason to cite these texts is to encourage us that we are not alone in our pursuit of a transformed heart. Our sovereign God is working through the indwelling ministry of the Holy Spirit to accomplish His will in our lives—not with us sitting on the sidelines waiting for Him to work independently from us, but rather to actively work together *with us*. As we acknowledge our dependence on God's grace in our lives toward the accomplishment of a renewed, transformed heart, He alone will receive the glory as we become more like Him. At times we may become discouraged along the way, but we need to be encouraged by this truth: He is with us and for us.

### Group Leader (Pilgrim Guide)

The *Heart Transformation Leader's Guide* can be purchased and downloaded from the website: [www.hearttransformation.org](http://www.hearttransformation.org).

The *Leader's Guide* contains lesson plans for each small group session. The *Workbook and Session Integration Chart* in the Appendix (pages 201–204) has an overview of each session.

Please refer to the Lesson Plan for the Introductory Meeting on page 18 of the *Leader's Guide*, downloadable from the website.

Note: The margin on page 12 has information on a helpful resource for the Introductory Meeting.

## Pilgrim Guide

The testimonies from the downloadable video *Transforming Lives* should be shown the first time the group gets together. It will help everyone understand what God does in the lives of individuals through Heart Transformation. Revisit the testimonies often as you go through the Heart Transformation Process. The *Heart Transformation Preview* (also available on the website) can be shown at this meeting as well as during Session 8, the Repentance Preparation.

## Our Story

We (Keith and Karen) have been deeply involved in the study of God's Word, church leadership and the pursuit of Christian living for over 35 years. Ten years ago, we realized that we were not overflowing with love, joy, hope, thanksgiving and God's power. We asked the bold questions: "Is this all there is? Must it be a life of duty, discipline, and determination? Why are our lives not exhibiting the life promised by Jesus?" It was at that point that the Lord revealed the need for us to love Him with "all" our hearts. We began studying and God revealed a step by step process for learning to love Him wholeheartedly. It took five years for the process to be formulated and another three years to refine it. Small groups began to use this process. Churches became involved. Even businesses witnessed unusual transformation taking place among their employees as they grew in Christlikeness. This process has personally given us the deepest, most intimate relationship we have ever had with the Lord. We have experienced an overflowing of God's presence that is unquenchable, greater than any other time in our lives. We have seen the power of God work dramatically in cleaning up sin patterns and fulfilling God's plan for us. We now view life as a daily adventure, seeing how God leads and intervenes according to His good pleasure. This process of wholehearted devotion is continually growing in us.

## The Heart is the Center

Confident of God's desire to see us grow more like Him, let us explore what Proverbs calls the "wellspring of life"—the heart. How significant is the heart in our spiritual life?

Scripture speaks of the heart over 750 times, of sin 637 times, of love 731 times, and of thinking and the mind 291 times. As you can see, the heart is one of the most strategic concepts in God's Word. Just as the heart is the center of the human body, the heart is also the center of the soul and all spiritual life. We will learn that nothing changes in our lives unless our hearts change. We can learn to have healthy thoughts and habits, but they will only be temporary if we don't address the secret sins and wounds of the heart. Since our heart is so strategic, how can we guard it, influence it, and submit to what God intends for it to be? Jesus summarized all of the law in Luke 10:27, "Love the Lord your God with all your heart and with all your soul and with all your strength and with all your mind; and, Love your neighbor as yourself." Jesus speaks of loving with "all your heart"—*all*. The Heart Transformation process explores what this means and what it looks like in a believer's life.

## The Kingdom Lifestyle is the Result of a Transformed Heart

If we learn to love with "all", we find the free life God intended in Romans 6. With this kind of love, wrong fears and worldly preoccupations lose their power over us. Anger,

worry, anxiety, and guilt will all decrease as we find we are no longer controlled by the busyness of life. To the degree that we love the Lord with all of our hearts, we are in the will of God living a contented, adventurous kingdom lifestyle. This is living life to the full (John 10:10b).

## **Holy Spirit Empowerment and Heart Healing**

Because we are transformed to loving the Lord more, we open our lives to the leading and fruit of the Holy Spirit (Galatians 5:22). Our purpose is no longer driven by this world but led by the Spirit (Romans 8:5). Though it is not immediate, we consistently find ourselves being challenged and changed in having our hearts healed. Our lives become more complete, freer, more adventurous and more empowered by our intimacy with Him. “I tell you the truth, anyone who has faith in Me will do what I have been doing. He will do even greater (more) things than these, because I am going to the Father” (John 14:12). Because sin patterns are removed, our love and capacity for God has increased. His power is at work in us, for us, and through us.

## **God’s Plan in Daily Situations**

Not only will we see transformation take place, but we will learn how God’s plan is continually at work in our daily lives. We will be positioned to actively share these principles with others. By fully embracing this process, our love relationship with God will transform us into being disciples and disciple-makers, not by our power, but by God’s power. We will see this incredible partnership that grows and builds us as we invest more of ourselves and God blesses us more.

## **Clear Purpose and Fruitful Lives**

As a result of our purpose changing through transformed hearts, we will have a higher quality relationship with God and with others. We will complete our roles more fully and joyfully. Our work performance will be enhanced and improved because God is working in us.

## **A Strategic Problem to the Transformed Heart Cultural Christianity**

We live in a time of declining purposes and values. This erosion of clarity in what we should pursue and how we should pursue it has affected our perspective because we compare ourselves to those around us rather than following God’s perspective in Luke 10:27. What we perceive as excellence in our spiritual lives is really mediocrity. We have many purposes: being activity driven, trying to do all the right things, and packing our schedules to the brim. We are exhausted and disillusioned as we chase to keep up with life.

We lack the peace of God. Life controls us rather than us controlling life. Our lives are so compartmentalized due to our multiple purposes that our spiritual life becomes a portion—like a ten percent tithe. We give God a portion. We do not daily and wholeheartedly pray, cry out, love, serve and seek God’s active movement in our lives. This eventually leads us to living a lukewarm, self-centered, and activity-driven Christian lifestyle. We think we receive all God has to offer but fall short of the empowered living spoken of by Jesus and the disciples.

The purpose of this transformation process is to break through our lukewarm hearts and to lead us to a new walk with our Lord. By living in full devotion to Him and trusting and depending on Him, He can show us how to use our talents and abilities, passionately, without holding back. Our spiritual lives are to be a picture of partnership with God where we have joined Him in the work that He wants to accomplish through us. As a result of this love and intimate life with Him, we find He multiplies all our capacities.

## **An Invitation to Transformed Hearts**

What could our lives look like if our hearts were transformed? May we be motivated by Jesus’ words in John 14:12 where He challenged His disciples by saying, “Anyone who has faith in me will do what I have been doing. He will do even greater things than these.” Another way of saying greater is more. We want more of the kingdom living that God desires for us. Jesus said in John 10:10b, “...I have come that they may have life, and have it to the full.” We can experience this as a result of Heart Transformation. Our lives can become more complete, more adventurous, more contented and more empowered by His Spirit.

The aim of this process is to foster a spiritual life in which we care about what God cares about, a life that overflows with hope, thanksgiving, love, joy and God’s power, no matter what the circumstances in life. If we desire to have this total and complete love for God, we will find this process to be challenging and life changing. If we devote ourselves to this process and the things to which God is calling us, we will not fail to see a transformation of our hearts that will lead to fruitfulness and a peace that passes all understanding. This is not an academic process, but will require us to open our hearts, discover our hearts, and yield our hearts to God. When we choose His ways, God will transform our hearts. May we all experience God’s power and peace.

## **What do I need to get started?**

- 1. Bible**—We use the New International Version. We also recommend, in addition to your literal translation, a modern paraphrase such as *The Message*.
- 2. Heart Transformation Workbook**—We will read, process, and wrestle with the biblical text, spiritual exercises, and Heart Labs throughout this workbook.

3. **Journal**—Some of us may have experienced using a journal and already have been blessed through a record of our reflections. Others may be new to journaling and need encouragement to record our thoughts and experiences. Guidelines throughout the HT workbook will guide us through this process.
4. **Commitment**—The process of unpacking deep-rooted issues in our hearts is not a casual task. This requires a commitment in time, focus, and honesty with ourselves, God, and with the Heart Transformation group we are sharing the journey. One form of commitment is the covenant, explained later in this chapter (page 16).

Jesus never shied away from commitment. He promised his followers great multiplied blessing for living in God's kingdom, but He also promised persecutions (Mark 10:30). Let us look at what this blessed life can be with Heart Transformation.

## Heart Transformation Pilgrim Groups

The Heart Transformation process is experienced in a small group called a Pilgrim Group. The ideal length for a group to meet is six months. Our recommendation is to meet every other week. If you choose to meet weekly, simply split the assignments in half. The exercises and Heart Labs in this book will be completed during our quiet times with the Lord. We will need our Bibles and journals to record our feelings, thoughts, prayers, and reflections as we work through the Heart Transformation process. We recommend having several highlighters in a variety of colors to mark our Bibles. In addition to the general workbook exercises, specific heart-focused assignments, called Heart Labs, will be processed in the Pilgrim Group meetings. We will share examples of how God is working in our hearts and pray for one another in the meetings.

## Can I do Heart Transformation without a group?

Although the process is built around small groups committed to the process, this workbook is written in a way that would allow a person or couple to complete the exercises and experience true heart change. Because of the intense nature of the process, we have found that the perspective and encouragement of fellow pilgrims is important. But God's Spirit can work in our hearts if we commit to this process. We recommend taking a day or weekend retreat to process the Repentance sessions (in Chapter 5).

## Pilgrim Group Format

The format we use in our Pilgrim Groups is based on godly values, principles, and procedures. These will encourage us to live in healthy relationships to realize the pilgrim's goal of living the life of love to which God has called us. Cultures, especially western cultures, have become informal in their commitment to important beliefs—both in our organizations and in our relationships. In the interest of fostering the greatest spiritual growth

Pilgrim Guides (group leaders) who have not been through the HT process, be sure to review *Part 1: Leading Heart Transformation Groups*, beginning on page 9 of the *Leader's Guide*.

in our Pilgrim Group, clarifying our commitment to each other is needed. For example, here are some things that culturally affect relationships and integrity.

- We lack clear statements of what we believe.
- We lack visible commitment to these beliefs.
- We lack transparency in how we live out these commitments and accountability to the commitment of our word.
- We lack the honoring of relationships and respect within relationships.
- We lack environments that are safe and that encourage authenticity of the reality of our lives.

Understanding and agreeing to the Pilgrim Group format will make a substantial difference in the pilgrim's individual growth, help each person with a sense of security, know what to expect, and establish limits in which to operate. It will provide a safe environment, the ability to trust one another fully, and freedom to say anything no matter how shocking. We will receive acceptance, love, care, and help in the resolution of some of our deep, dark secrets. We all have secrets that keep us from the kind of love to which God is calling us.

## **The Importance of Covenants**

Before we begin the Heart Transformation process, each participant needs to affirm these covenants. Because of the intensely personal process of opening up our hearts, commitment to the process, group integrity, and absolute confidentiality are requirements for HT groups. Review these covenant statements before the next group session. A covenant of godly values, principles and procedures is a pact, a sacred promise to be fulfilled for the good of the parties involved. Sharing will be natural and encouraging, not intimidating. We are going the extra step to communicate that what we are entering into as a group is important, and that we respect and honor other pilgrims.

## **Safe Zones**

We all have experienced, and fear, broken relationships. We fear a lack of acceptance and rejection by people who find out who we really are and what we have really done. We have all experienced wounds such as being violated by conditional love; therefore, we hide and have secrets that no one else knows. These become barriers in our relationships with God and others. If we do not find a safe environment where we can openly process these issues in our lives, our spiritual lives (all of life) will be minimized. It is crucial that each person understands the importance of having an absolute "safe zone." Safe zones are established by making covenants with one another to engage together for the sake of spiritual health.

# The Pilgrim Group Covenant

These are commitments pilgrims make to themselves and to their fellow pilgrims within their group.

1. Complete the reading, exercises, Heart Labs, and journaling activities during the time between meetings.
2. Pray regularly for fellow Pilgrim Group members.
3. Participate in group sessions unless urgent circumstances beyond our control prevent our attendance.
4. Participate openly and honestly in group sessions.
5. Keep confidential anything discussed or shared by group members. Do not discuss what has been shared outside of the group.
6. Share any struggles with any of the material or attitudes in the group with the Pilgrim Guide through a personal call or visit.
7. Be patient with our brothers and sisters. Treat others as we want to be treated, showing love as expressed in 1 Corinthians 13.
8. Affirm and agree to practice the following personal values and principles
  - Authenticity: I am who I am, no masks, no facades.
  - Honesty: I will be completely open. I will speak the truth and listen to truth.
  - Integrity: I will do what I say I will do; my words and my actions are the same.
  - Reliability: I will be there, be engaged, and listen to what God is saying.
  - Accountability: I will give members of this group permission to confront me if I fail to do what I say.
  - Spirituality: I will open my heart to Jesus Christ and know that nothing is impossible with God.
  - Intentionality: I will seek to know God, and do His will in my life.
  - Availability: I will be there, at any time, for any group member who needs me.
  - Fraternity: I will build trust, connect with this community, and not harm others.
9. Agree to the following inter-relational guidelines (examples are in parenthesis):
  - Advising: Do not give advice. Be committed to letting people process with God. People may shut down when given advice. Do not give advice unless it is asked for. Even then, it is probably not a good idea. Give the person your full attention and just listen. (“I know exactly what you ought to do...”)

- Judging: Do not add guilt and shame by passing your judgment on them. (“You know what you did was wrong...”)
- Rescuing: Do not intervene in what God is doing with a person. Allow them to finish their processing with God. (“Let me handle this for you...”)
- Diverting: Do not stop a person from sharing and focus the attention on you. (“That reminds me of something that happened in my life...”) Any response from you should echo what that person said or felt such as “I hear a lot of sadness.”
- Preaching: Do not put yourself in the place of God. You may prevent God from speaking truth to the person. (“I have the truth...” or “The Bible says...”.)
- Projecting: Do not put onto someone else what you are thinking about your own situation. (“You are angry with your wife because she is not living up to your expectations.”)
- Criticism: Although a criticism may be true, it probably will not help the situation by attacking. Use a statement starting with “I feel...” (“I feel that you are not pulling your weight in this group.”)
- Generalizing: Do not make general statements, but speak for yourself. Make “I” statements. (“I am hooked on pornography” rather than “We are all hooked on pornography.”)
- Head-tripping: Get out of your head and get into your heart. (“I feel sad” rather than “I think...”)
- Touching: Do not shut down a person who is crying by touching them. It is distracting them from the process God is taking them through. Wait and express your care later.

I agree with and commit to this covenant with my Pilgrim Group.

Signed: \_\_\_\_\_ Date: \_\_\_\_\_

Each person in the group should sign everyone else’s book.

# Chapter 1

# The Journey Begins

## Preview

Our journey begins with understanding the strategic nature of the heart and the six problem areas that keep us from loving God with all our heart.

We will explore the Five Secrets of a Transformed Heart and the Heart Transformation (HT) process.

Heart Labs are included in each chapter to allow us to personally apply the principles God reveals to us about our hearts. These are done individually and shared in the Pilgrim Groups. Heart Labs are found within the chapters and are numbered. There are three Heart Labs in this chapter, and 27 total Heart Labs.

## The Strategic Nature of the Heart

The heart is the center of the spiritual life. In the original Greek language, the heart (*kardia*) denotes the center of the physical and spiritual life. It is the laboratory and origin of all that is good and evil. It is the dwelling place of Christ and the receptacle of the love of God.

Christ has made it very clear that our spiritual life should be to: “Love the Lord your God with all your heart and with all your soul and with all your strength and with all your mind” (Luke 10:27). The spiritual life of man cannot and will not change unless his heart is changed! Let us look at some examples that reveal the strategic nature of our hearts.

1. There are over 750 “heart” occurrences in Scripture.
2. “All your heart” is mentioned 50 times (love with all, serve with all, obey/follow/keep with all, seek with all, turn back/return/turn with all, extol/rejoice/praise and be glad with all).
3. Love the Lord with “all” (Luke 10:27).
4. Where your treasure is, there will your heart be also (Matthew 6:21).
5. If you seek the Lord with all your heart, you’ll find him (Deuteronomy 4:29).
6. God must circumcise the heart so you may love (Deuteronomy 30:6).
7. God looks at the heart of man (1 Samuel 16:7).
8. Keep commands and follow God with all your heart (1 Kings 11:4).
9. The Lord strengthens those whose hearts are fully committed (2 Chronicles 16:9).
10. You are blessed if your heart is set on pilgrimage (Psalms 84:5).

## Session 1 Assignment

1. Re-read pages 11-14 of the Introduction, read Chapter 1 and complete the exercises.
2. Complete Heart Labs #1–3 in Chapter 1.
3. Memorize John 14:12.
4. Get a personal journal.

The assignment for each session is in the margin at the beginning of what is to be read. You can also find them in the *Workbook and Session Integration Chart* (pages 201-204).

## Pilgrim Guide

The Lesson Plan for Session 1 is on page 23 of the *Leader’s Guide*.

11. An undivided heart is given by God (Psalms 86:11).
12. Guard your heart...it is the wellspring of life (Proverbs 4:23).
13. A perverse heart does not prosper (Proverbs 17:20).
14. Hearts are devoted to vile images and detestable idols (Ezekiel 11:21).
15. Blessed are the pure in heart (Matthew 5:8).
16. They honor me with their lips but their hearts are far from me (Matthew 15:8).
17. Forgive your brother from the heart (Matthew 18:35).
18. Good and evil can be stored in the heart (Luke 6:45).
19. An unrepentant heart stores up wrath (Romans 2:5).
20. Circumcision of the heart is by the Spirit (Romans 2:29).
21. Believe with your heart (Romans 10:10).
22. Do the will of God from your heart (Ephesians 6:6).
23. Set your heart on things above (Colossians 3:1).
24. Work at it with all your heart (Colossians 3:23).
25. The goal of the command is love, which comes from a pure heart (1 Timothy 1:5).

In summary, this list helps us see that it is the heart that stores all things and determines the decisions in our lives. The mind feeds the heart as they work in unison with one another. We need to understand the heart in order to direct it and grow spiritually.

## Heart Lab Introduction

Throughout the Heart Transformation process, we will explore the heart in deep and honest ways through Heart Labs. These exercises are designed to help us get at the core of ourselves so that God can work His healing in our hearts. Each lab concludes with questions and statements to encourage expanded reflection in our journals. Heart Labs will be assigned in the Pilgrim Groups. We are to complete the workbook reading, exercises, and Heart Labs according to the assignment directions given at the conclusion of each Pilgrim Group meeting. Most Heart Labs will be discussed in the next Pilgrim Group meeting, so it is important to block out sufficient time to complete them.

## Journaling Your Relationship with God

Why journal? Journaling is a window to the soul. It is one of the vehicles God uses to bring light through that window. We are inundated with heavy schedules, and there is always something going on: a radio in the car, the TV at home, at work and outside we are busy interacting with people and working on projects. Our society is dependent on something always going on to fill the air around us. This noise to the soul makes it difficult for us to stop and hear God. Journaling helps us slow life down. We no longer

look analytically at our intimacy with God, but rather become part of God's picture. We go from two-dimensional thinking to three-dimensional thinking, from a flat, two-dimensional relationship with God to a three-dimensional one. We will actually hear Him speak to us. Journaling is not keeping a diary; it is conversation with God. As we read Scripture, we might put the high points in a journal, or stop and just contemplate Scripture and ask the Lord to speak to us regarding that text. Thoughts will come to us. We can ask God a question and wait to hear Him speak. Sometimes we find He has already spoken to that question through the Word; other times we hear Him as He gives us thoughts that are personalized to us directly. In the Word, God demonstrates nine different ways in which He speaks to us. Journaling is a tool to get to these nine ways and hear His voice in our lives. It is helpful to journal at least three times per week. As we journal and review our notes and prayers, we will see God working in our lives, and our faith will grow. This should motivate us to go deeper and to do more of what He wants us to do. We will discover more intimacy with God as a result of journaling. We must slow ourselves down to hear God and be in His will. All we need is a pen, a journal or notebook, and the decision to just get started.

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## Heart Lab #1

### What Does Kingdom Living Look Like?


Kingdom living is living in God's love. We often underestimate the love of the Father. We underestimate what God wants to do in us, for us, and through us. Stop and begin to recognize what God is offering us. How can we live a kingdom lifestyle when we fail to recognize how much God does for us? Peter said to Jesus, "We left everything to follow you!" Jesus replied, "...you will not fail to receive a *hundred times* as much in this present age and in the age to come, eternal life." We miss many of these things because we do not "know Him" deeply and intimately. Therefore, we under-experience and under-appreciate His promises and the richness of the kingdom life.

Consider the following promises of God. Are you experiencing these blessings each day? Mark the ones with a plus sign that you feel you experience and a minus sign if you feel this is a weak area.

**Example:** + He gives me an undivided heart

- |  |  |
|--|--|
| <input type="checkbox"/> He produces righteousness in me.                          | <input type="checkbox"/> He causes me to be more productive.   |
| <input type="checkbox"/> He desires to give me every spiritual blessing in Christ. | <input type="checkbox"/> He is merciful.   |
| <input type="checkbox"/> He is my shield, help and guidance.                       | <input type="checkbox"/> He gives me wisdom and understanding.   |
| <input type="checkbox"/> He offers me intimacy with Him personally.                | <input type="checkbox"/> He leads me.  |
| <input type="checkbox"/> He rescues and delivers me.                               | <input type="checkbox"/> He comforts me.   |
| <input type="checkbox"/> He listens to me and answers.                             | <input type="checkbox"/> He wants me to be one with Him and others.  |
| <input type="checkbox"/> He sustains me.   | <input type="checkbox"/> He gives me a life characterized by overflowing joy, hope, love, power, and thanksgiving. |

- He multiplies my fruit—30, 60, 100 times.
- He gives me His power.
- He has set me apart for Himself.
- He prepares me for His presence.
- He gives me His favor.
- He protects me.
- He strengthens me.
- He revives my soul.
- He trains my hands for battle.
- He stoops down to make me great.
- He reworks my plan according to His purpose.
- He ends my striving.
- He frees me of anxiousness, worry, and stress.
- He works all things for good in my life.
- He never forsakes me.
- He directs my paths and makes them straight.
- His love never fails me.
- In Him, I lack no good thing.
- He stirs my heart to a noble theme.
- He creates a pure heart and steadfast spirit in me.
- He gives me eternal life.
- He makes me an heir and co-heir with Him.
- He indwells me with the Fruit of the Spirit.

This symbol  indicates a journal response in a workbook exercise or a Heart Lab. Begin using your journal now!

## Journal Responses

- How would you summarize God's love for you?
- In the above list, what three areas of your life did you see God's abundance?
- In the above list, what three areas of your life were you lacking God's presence?

## Six Problem Areas That Keep Us from Loving God with All Our Heart

### 1. Duty, Discipline, and Determination Versus a Life of Love.

What is our responsibility for having a healthy spiritual life? Some may approach their spirituality through duty, discipline, and determination—the three D's. This mindset may be applied to the majority of our Christian lives. We may have the belief that if we just try a little harder, we will have the peace and power we seek. If we just read more Scripture, pray more, serve in the church or other Christian causes more, we could live a more satisfied and powerful Christian life and God will be pleased. Living the three D's means trying to fix things through regulating behaviors versus discovering the heart motivations: living with a focus on the mind over the heart. As presented earlier, the heart is mentioned over 750 times in Scripture, while the mind and thinking is mentioned 291 times. We may spend the majority of our time on the mind: taking in the Word (which is a good thing), thinking that it will automatically make the changes needed in us. We can talk to anyone about the glory of God and how wonderful He is, but the sad truth is that due to unresolved wounds and sin patterns in our hearts, the power and fruitfulness we desire, is not measuring up to what we see illustrated in Jesus and the disciples.

God reveals that our problem is not about *doing* more, it is about *being* more. This is the core of Heart Transformation—surrendering our hearts to God to live in His presence and purpose. We find that He continually reveals Himself, allowing us to live in deeper intimacy with Him than ever before. As we do this, God’s power is released through His Spirit and we can live what He has called us to: a life of love. A “three D” faith is often a major problem for us because we believe that as long as we are “doing”, we are pleasing Him, which is man centered and missing God’s presence and power. The three D’s are one of the many heart problems we face.

## Heart Lab #2

### A Life of Love versus a Life of Duty, Discipline, and Determination

For each pair of statements, place a mark along the continuum that describes where you presently are. Be sure to honestly mark where you are, not where you would like to be, or know you should be. This is not about textbook answers.

Experiencing His presence continually Doing spiritual activities

10      9      8      7      6      5      4      3      2      1

Overflowing with peace, love, joy, thanksgiving, hope, and power

Overflowing with duty, discipline, worry, stress, anxiousness, frustration, and despair

10      9      8      7      6      5      4      3      2      1

Oneness in my marriage and in my family with joy, hope, thanksgiving, power, and love

Keeping the marriage together and keeping the family together

10      9      8      7      6      5      4      3      2      1

Being a true disciple who desires to build His kingdom

Live my life and include God

10      9      8      7      6      5      4      3      2      1

### Journal Response

- Which areas of the Life of Love would you like to experience more in your life?
- What keeps you from experiencing this Life of Love?
- What do you think this Life of Love would look like in your life?

## **2. Our Lukewarm Hearts.**

A second problem we face is that we have lukewarm hearts. John described the people in the church of Laodicea as lukewarm. Tragically, the Lord describes the fate of those who “are neither cold nor hot.” Jesus says, “I am about to spit you out of my mouth” (Revelation 3:15-16). Another time, Jesus told a rich young ruler who was proud of his record of keeping the law, “Go, sell your possessions and give to the poor.” Jesus knew that the heart of this man was focused on his riches. When the one area of this man’s non-surrendered heart was exposed, he walked away from Jesus (Matthew 19:16-22). The previous examples show that our heart’s desires and choices keep us from loving God with all. We set our sights on the things of this world instead of setting our “hearts on things above” (Colossians 3:2). Jesus wants us to pursue oneness with God and each other and prayed, “That all of them may be one, Father, just as you are in me and I am in you” (John 17:21). Are we called lukewarm because our love for God and others is very strong? Paul talks about having to put to death the sins of our earthly nature (Colossians 3:5-7). Our natural hearts are evil and filled with sin. James cautions us about what our tongues reveal (James 1:26). He continues by pointing out that our sinful hearts fail to show mercy (2:13), have envy and selfish ambition (3:16), and slander others (4:11), among other examples. Lukewarm is having our hearts focused on the Lord and the world. We must come to believe and live that God alone is our purpose and satisfaction.

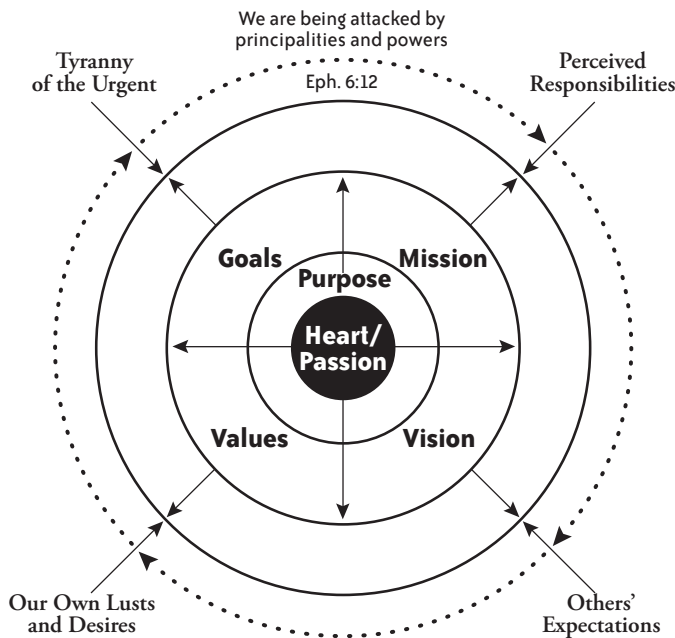
## **3. Numbed Down Hearts.**

What if in God’s eyes, we consider ourselves more spiritual or holy than what we really are? What if the enemy has convinced us that we are experiencing the full Christian life by numbing down our hearts? What if we really are not experiencing all God has to offer? On a scale of 1-10 (10 being the best), if we score ourselves a 7 or 8, the belief would be that the majority of what God has to offer is being experienced. But if in reality we are only a 3 or 4 (as the Pharisees were, despite their frantic activities), we would falsely conclude that we are living fully and, therefore, substantially limiting God’s work in us. We have lowered our expectations of the full and abundant life based on how we depend on our own efforts and their results.

In reality, many of us would characterize our lives by worry, anxiousness, stress and busyness rather than the Fruit of the Spirit. Since our world does not see any distinct difference between the secular person and the Christian, we could conclude that we have been numbed down in our spiritual expectations. We must look to have “all” that God intended for us to be and do in Him. Do we dare consider the very thing that Jesus suggested: doing what He did and more? (John 14:12).

## **4. Our Assaulted Hearts.**

The fourth problem our hearts face is that our hearts are assaulted by Satan and his schemes. Paul states this spiritual warfare fact in Ephesians 6:12. “For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms.”



The illustration shows how this occurs. In the center of the circle are our heart passions that give us purpose. We carry out that purpose with our goals, mission, values, and vision. The spiritual warfare occurs in the inner circle, where our goals, mission, values, and vision conflict with things such as the pressures of urgency, what we perceive our responsibilities should be, the carnal

nature of our own lusts and desires, and the load we carry from the expectations of others. These are some of the ways our hearts are being attacked. There is a war going on for our hearts. Will we do battle in our own effort or will we come near to God? (James 4:8). This same verse offers us the assurance that our hearts may be purified. When we love God with all our heart the enemy is defeated and the battle is won! The assaults upon our hearts will have no power.

## Power Pipeline #1

### Unbeliever

We are completely on our own!



## 5. Not Being in Him.

When we are not *in* Him (John 17:21), we are limited in our ability to fully experience God's love and power. The three Power Pipeline illustrations show three different ways people relate to God. Each way illustrates how people choose to handle life's challenges.

### A. Unbeliever

The illustration at left shows a person without God in his life. The only resource is self, or any source other than God. This person probably desires to be excellent but they lack an authoritative, guiding source for their values or priorities. They also lack any source of superior strength to fulfill their responsibilities. Their lives are dependent upon their exhausting self effort!

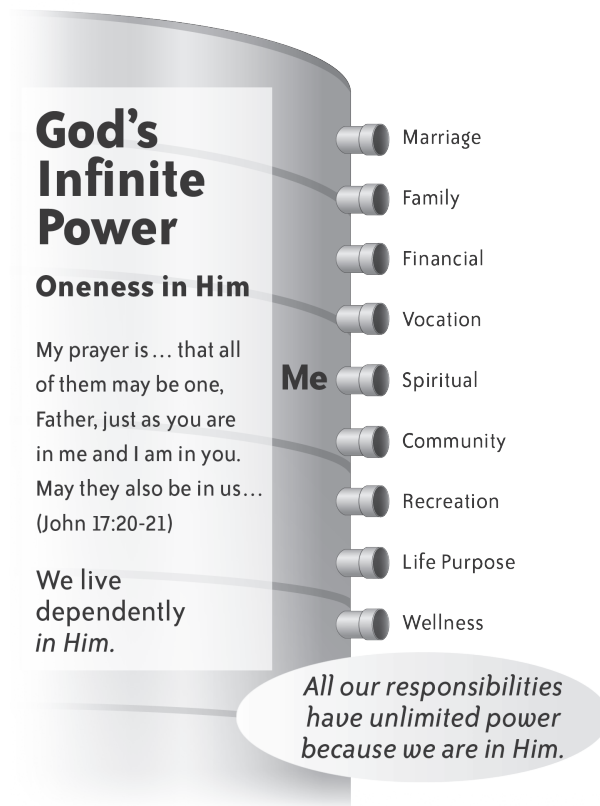
## Power Pipeline #2



### B. Salvation in Him

The second pipeline shows man connected to God's infinite power. This person knows that God is wisdom, knowledge, and power, and is a follower of Jesus. This person has hope as a result of this connection with God, but there is a limit to the internal peace and fruitfulness of his faith. God has far more to offer than what this person seeks out and trusts Him to provide. Where is the choke point? It is us! When our small faith is the connecting pipe through which God's power is passed through, it chokes out what God can do in our lives.

## Power Pipeline #3



### C. Oneness in Him

This is God's plan! Just as Jesus is in the Father and they are one, so we are to be in God and one with Him (John 17:20-21). Therefore, every one of our responsibilities is directly connected to the resource of God's blessing and provision. We have opened others around us to the blessings of God because we are in Him. He wants us to use every gift and talent that He created in us to the utmost and desires to bring Himself and His supernatural power into our lives. This will produce a life overflowing with hope, thanksgiving, joy, power, and love!

## Heart Lab #3

### Power Pipeline Worksheet

1. Review the three Power Pipeline illustrations and descriptions.
2. In the first column, record your everyday tasks and/or responsibilities, one per line.
3. In the second column, rate each responsibility by marking along the continuum bar between "God" and "Me" who is in control of this responsibility.
4. On the bottom of the page, record the hindrances or barriers keeping you from turning that area over to God. List this for each of the responsibilities in the first column.

Responsibilities	Who Is In Control?	
1. _____	God	Me
2. _____	God	Me
3. _____	God	Me
4. _____	God	Me
5. _____	God	Me
6. _____	God	Me
7. _____	God	Me
8. _____	God	Me
9. _____	God	Me
10. _____	God	Me
11. _____	God	Me
12. _____	God	Me
13. _____	God	Me
14. _____	God	Me

What keeps you from turning each responsibility over to God?

1. _____	8. _____
2. _____	9. _____
3. _____	10. _____
4. _____	11. _____

5. \_\_\_\_\_ 12. \_\_\_\_\_

6. \_\_\_\_\_ 13. \_\_\_\_\_

7. \_\_\_\_\_ 14. \_\_\_\_\_

## Journal Response

- What did you learn about who is in control?
  - What keeps you from turning these areas over to God?
  - What did you learn about your heart?
- 

## 6. Accepting Sin Patterns in My Life

Lastly, our sinfulness is a problem that keeps us from fully loving God. When we let our own natural heart desires and choices rule us, we allow sin into our lives. Let us look at the realities from Romans that show us how to avoid this sin pattern.

### A. Acknowledge that we are set free from the slavery of sin.

Paul points out that we have been set free from sin. In Romans 6:17-18 Paul says, “But thanks be to God that, though you used to be slaves to sin, you wholeheartedly obeyed the form of teaching to which you were entrusted. You have been set free from sin and have become slaves to righteousness.” Paul acknowledges that we “are weak in our natural selves” (Romans 6:19). When we live in our natural or carnal selves, we allow ourselves to be enslaved by sin. Paul contrasts this in verse 22 by saying, “But now that you have been set free from sin and have become slaves to God, the benefit you reap leads to holiness, and the result is eternal life.”

### B. To what we offer ourselves makes all the difference in what indwells us.

“I thought I was set free from sin!” we cry out in frustration. Paul expresses this same frustration of a person who tries to live free of sin in his own effort apart from the empowerment of God’s Holy Spirit. “Now if I do what I do not want to do, it is no longer I who do it, but it is sin living in me that does it” (Romans 7:20). To what do we offer ourselves? To the sinful nature or to righteousness leading to holiness? (Romans 6:19).

### C. Live according to the Spirit.

Romans 8:5 makes it clear, “Those who live according to the sinful nature have their *minds set* on what that nature desires; but those who live in accordance with the Spirit have their minds set on what the Spirit desires.” Our mind feeds our heart. We choose daily to live either in the desires of the flesh or the desires of the Spirit. When we choose the natural selves, we struggle with loving God as He desires. This clarifies the importance of daily time with God and His word—

to set our hearts and minds on Him in order to know Him better, not to fulfill a requirement.

We choose to love the Lord with all our hearts or to love Him with some of our hearts. When we love with some, we permit sin to continue to live within us and thus we have divided hearts.

In summary, the six problems that keep us from loving God with all our hearts are:

1. Duty, discipline, and determination
2. Lukewarm hearts
3. Numbed down hearts
4. Assaulted hearts
5. Not being “in” Him
6. Accepting sin patterns

These all compromise our love for God and having His fullness in our lives.

## Five Secrets of the Transformed Heart

What does a heart transformed by a life of love look like? Just as a litmus test indicates the chemical makeup of water, there are indicators of what a healthy spiritual life looks like. It is a life that demonstrates tangible expressions of the love Jesus talked about in Luke 10:27. The first sign of our loving the Lord with “all” is that our hearts begin to overflow with the Spirit of God which is demonstrated by hope, joy, thanksgiving, power, and love. These come only from God and can not be self-induced. These five overflowing principles, plus the Fruit of the Spirit (Galatians 5:22), are the key measures of a transformed heart. These are *secrets* because we tend to not recognize them. For example, when we are not overflowing with hope, we can go directly to our hearts to find the cause. When we do not feel thankful, the root is a heart issue. Therefore, we know what is going on in our hearts because of the fruit that we are experiencing in our lives.

**1. Overflowing with Hope**—“May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit” (Romans 15:13). When our preoccupied thought is about the kingdom of God, all other worldly desires fade because of the hope the Holy Spirit gives us.

**2. Overflowing with Thanksgiving**—“So then, just as you have received Christ Jesus as Lord, continue to live in him, rooted and built up in him, strengthened in the faith as you were taught, and overflowing with thankfulness” (Colossians 2:6-7). We do not “think” about giving thanks; we just do it. We see all the beauty of God being performed in and through us and we must express it, because we cannot contain it.

**3. Overflowing with Joy**—“Rejoice in the Lord always. I will say it again: Rejoice!” (Philippians 4:4). The Holy Spirit is giving us a joy within that cannot be contained. God’s greatness must be expressed wherever we are in praise, adoration, and honor.

**4. Overflowing with Power**—“[Jesus] replied, ‘Because you have so little faith. I tell you the truth, if you have faith as small as a mustard seed, you can say to this mountain, ‘Move from here to there’ and it will move. Nothing will be impossible for you” (Matthew 17:20). We see and experience God’s power moving in us and healing our hearts. We see His hand working in our lives and His power working to complete His will. There are miracles and mountains being moved. God is utilizing us as His instruments.

**5. Overflowing with Love**—“May the Lord make your love increase and overflow for each other and for everyone else, just as ours does for you” (1 Thessalonians 3:12). We will have a passion to love the way Jesus loved, unconditionally and unselfishly. We will see what the Lord sees and respond according to His leading.

Add to these overflowing traits the fruit of the Spirit in one’s life as an additional litmus test: “...peace, patience, kindness, goodness, faithfulness, gentleness, and self-control” (Galatians 5:22-23). These are the key measures of a transformed heart and leading a life of love.

In summary, it is important for us to learn these Five Secrets of the Transformed Heart. We will refer to them often: hope, thanksgiving, joy, power, and love. Our lives can overflow with them! These are called “secrets” because we do not readily recognize what the key measures of a healthy spiritual life and a transformed heart are.

## Heart Transformation Process

The Heart Transformation process is designed to provoke thinking, personal discovery, and transformation within our hearts. This is done through listening to the Spirit of God and discerning His Word to us individually. Heart Transformation is caught, rather than taught, in proportion to our desire to seek God with all our hearts. Be careful to avoid an academic approach, but instead pursue the *experience*. Allow the Scriptures, exercises, and Heart Labs to enhance our pilgrim journey in seeking the Lord with “all” and arriving at loving God wholeheartedly. Enjoy this process!

## The Importance of Process versus Program

Before we look at the Heart Transformation process, it is important to see the unique differences between a program and process. Heart Transformation is not a program; it is a lifestyle process leading toward the very heart of God.

## A Program

- Looks to solve “a” problem in life and has a singular focus.
- Is answer oriented.
- Has a limited scope.
- Focuses on external attitudes and actions.
- Begins and ends with “a” specific life change.
- Leads with linear thinking.

## A Process

- Looks to develop a relationship of intimacy with God.
- Is oriented toward understanding, thinking, and resolution.
- Has a continual, nearly unlimited scope.
- Increases internal passion and purpose, leading to external change.
- Repeats for continual life change.
- Leads with cyclical thinking.

# Five Stages of Heart Transformation

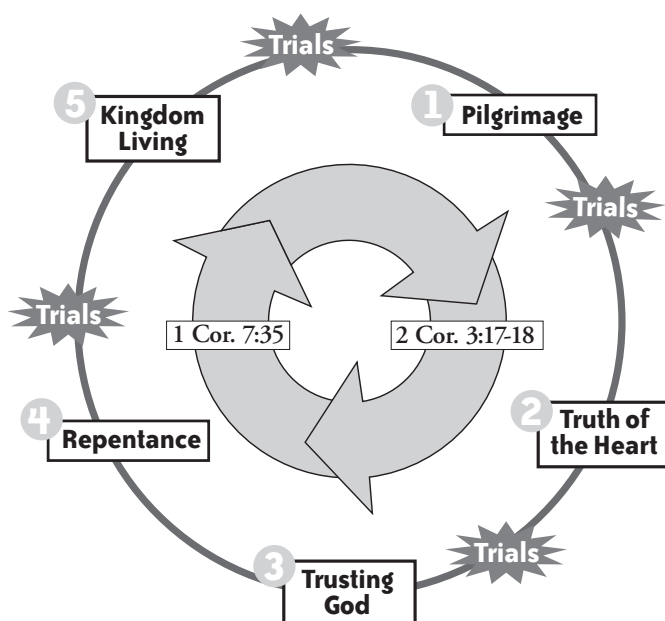
Heart Transformation is a five-stage process. In the illustration below, the arrows in the center of the cycle represent our continual walk with God. Each stage will be fully explored and developed in future chapters. This process is circular because you will continually cycle through the five stages as you work on new areas of your heart that need transforming by God’s Spirit.

## Key Verses

Heart Transformation emphasis in *italics*.

...live in a right way in *undivided devotion* to the Lord. (1 Corinthians 7:35)

...where the Spirit of the Lord is, there is *freedom*. And we, who with unveiled faces all reflect the Lord’s glory, are *being transformed* into His likeness with ever-increasing glory, which comes from the Lord, who is the Spirit. (2 Corinthians 3:17-18)



## 1. Pilgrimage

Pilgrimage is a formal commitment to advance in the journey to the very heart of God. This is an uncommon, unusual commitment. A pilgrim is one who travels light and with the mindset to not allow anything to get in his way.

## 2. Truth of the Heart

Truth is being real with the people in your life and with

God. It is taking more truth into your heart, speaking more truth, and living more truth. It is taking God, literally, for what He says.

### **3. Trusting God**

Trusting God is learning about Him and understanding what He offers us. Trust is developed as a result of revealing before God the sin in our lives in a way that we have never done before. We trust God more and believe that He will deliver us and heal our sin. We turn everything in our lives over to God.

### **4. Repentance**

Repentance is coming to a final point of saying, “I no longer want to live this way. I hate the sin! I no longer welcome this sin or wound in my life. I want it out because it’s keeping me from being filled with the love of God.” This section includes an extended session that we will prepare for by fasting and praying for three days. In the midst of fasting and praying we will get together on the last day and allow God to do His “heart surgery” within our Pilgrim Group. We will experience not just “apologizing” for our sin, but authentic repentance that results in heart healing.

### **5. Kingdom Living**

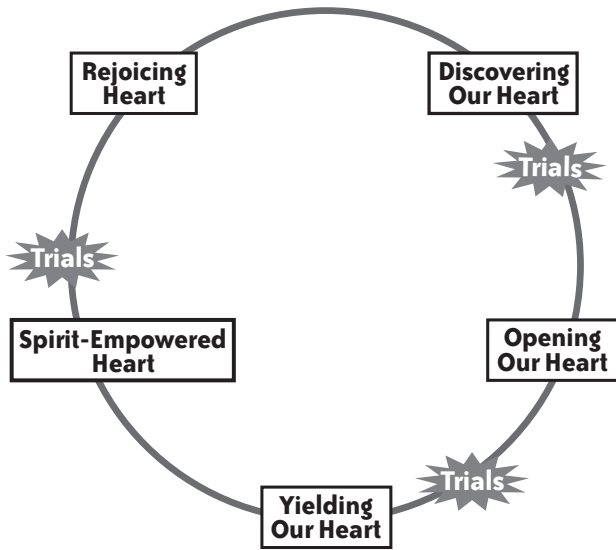
Kingdom living is a lifestyle of walking with Him and, thus, being fruitful as a result of being full of the Spirit of God. Opportunities come to us, and because we are looking to please God in all areas of our lives, we will seize those opportunities. As we experience the spiritual events happening in us and through us, our natural response will be to praise and honor God! In addition, we will value authentic relationships developed through our Pilgrim Groups. We cannot go on this journey alone. The enemy is out to get us. We need someone to be walking this road with us. We need people, not just for the journey now, but for the lifetime journey of heart transformation.

Kingdom living is to know Him, be like Him, and do the things Jesus did. When fully in Him, it is a very natural process and lifestyle. As we engage in Heart Transformation, we will see that the cyclical process builds on previous stages. As a pilgrim cycles into new stages, he will revisit earlier areas and experience God in fresh ways. It is through this continual personal involvement with God—through the stages of the HT process—that we are brought to the destination of loving our Lord with all our hearts.

## **Heart Stages of a Transforming Heart**

Just as there is a cycle of five stages of the Heart Transformation process, our hearts go through a transforming process as they cycle through five stages. In this workbook, we will complete assignments that will reveal our hearts. This first stage of discovering our hearts will help us see where our hearts are in their relationship with God. We will *discover* what our heart treasures. Then in the second stage of opening our hearts we will have to decide if our heart’s treasure is about us, or about God. We may struggle sometimes trying to convince ourselves that what we want to believe is “about God” but realize

it is really about us. We will then come to the realization that our hearts need to be transformed, and in stage three we will need to *yield* our hearts. Yielding includes trusting that God has a better way and a better plan in His love for us. The actual heart transformation takes place in stage four through the *work of the Holy Spirit*. As we surrender to Him, God's Spirit will heal our heart's sins and wounds. He will continue to change our heart's thoughts and passions. And finally, the fifth stage is a natural response of a *rejoicing* heart transformed by God's love.



Notice that in both the HT process (page 31) and the five stages of the heart, trials will come as a normal part of our life's journey, and their purpose is to test the heart as to what we treasure. Many trials can challenge the HT process, and that is why a serious commitment is essential. Cling to Christ's promise, "My grace is sufficient for you, for my power is made perfect in weakness" (2 Corinthians 12:9).

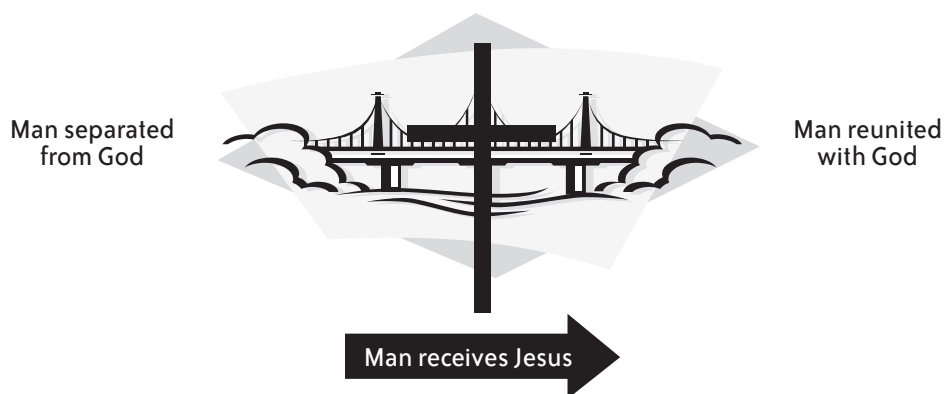
## Are you a Son/Daughter of God?

So let's look at what our Lord has done: Romans 5:8, it says that "God demonstrates His own love for us in this; while we were still sinners, Christ died for us". It is **Jesus' love** for us that frees us. Yes, thank You God!

1 Peter 3:18, "for Christ died for sins once for all, the righteous for the unrighteous, to **bring you to God.**" This means that Jesus was the righteous person that paid for all the unrighteous. He wants to bring each of us to God so that we can have a life of **fellowship** with Him!

John 1:12 states "yet to all that *received Him*, to those who believe in His name, He gave the right to become children of God."

- "Received" here means to "get hold of". It is taking Jesus into our hearts, asking Him to dwell there. This allows us to live an extraordinary **Kingdom life** here on earth, full of joy and hope.
- The word "Kingdom" here means a heavenly realm. If we allow our heart to dwell in this Kingdom realm, the blessings that heaven has, can be experienced now.



Have you received Jesus in your heart? If you haven't; receive Jesus into your heart as Lord and Savior—NOW! Tell someone. If you have, then you are promised eternal life and fellowship with God because Jesus has become your bridge back to *full relationship*.

1 John 5:13 "I write these things to you *who believe* in the name of the Son of God so that you may know that you have eternal life. This is the confidence we have in approaching God; that if we ask anything according to His will, He hears us." We can have **confidence** as a result of taking hold and inviting Jesus into our hearts; that we have eternal life. There is no more concern about what will happen when we die. Since Jesus is dwelling in our hearts, He is making Himself available to us individually to experience the **Kingdom of God life here** on earth. This is an incredible privilege to be experiencing heavenly things, now! They are merely a foretaste of what we will continually experience in heaven.

Rom. 8:16 "The Spirit Himself testifies with our spirit that we are God's children."

As a result of receiving Jesus, the indwelling Holy Spirit will testify with our spirit and give us confidence and peace about our eternal position.

# Chapter 2

# Pilgrimage

## Preview

We will begin our pilgrimage by exploring two psalms that illustrate the Heart Transformation process. Psalm 84 looks at the psalmist's passion, and Psalm 86 shows David's life example of an undivided heart in pilgrimage. Together these Scriptures will illustrate the vital partnership between God and us. This section concludes with a Heart Lab that encourages daily pilgrimage focus.

Next, we will look at two barriers to wholehearted devotion. The first of these explores how a variety of spiritual wounds cause us to limit God's presence and power in our lives. We will explore the heart healing process, which allows us to have our hearts healed from the barriers that hinder our loving God with all our hearts. This includes exploring spiritual wounds using a Lifeline Heart Lab in combination with specific wounds. The first wound is deceit, how we learn to wear masks to protect ourselves.

The second barrier to wholehearted devotion looks at how both our secular culture and Cultural Christianity negatively affects our faith and is a major roadblock in our pilgrimage. A Heart Lab allows personal evaluation of this condition.

Then the blessings of God are explored in a variety of Scriptures. We will discover how personal intimacy with the Lord is the condition necessary to receive specific blessings from God.

Lastly, we will return to the Lifeline wounds and look at the second wound of shame at the end of the chapter. Four additional wounds will be examined in Chapters 3 and 4.

## Our Story

As we (Keith and Karen) observed the lack of passion and fruit in our lives from a life of duty, discipline and determination, we asked God to help us understand what was missing in fully attaining to His purposes and calling. The first place the Lord took us was to Psalm 84:5, "Blessed are those whose strength is in you, who have set their hearts on pilgrimage." We began to question:

- What did the heart have to do with strength and blessing?
- What is the heart's role?
- What did God mean when He said "pilgrimage"?
- How does one enter such a journey of pilgrimage?

God took us on a wild adventure of discovery. You are about to enter that same adventure.

## Session 2 Assignment

1. Read Chapter 2, pages 35–50, and complete the exercises.
2. Complete Heart Labs #4–6.
3. Memorize Psalm 84:5 and Psalm 86:11.
4. Review and learn the *Five Secrets of a Transformed Heart* (page 29).

## Pilgrim Guide

The Lesson Plan for Session 2 is on page 25 of the *Leader's Guide*.

Pilgrimage is defined as *the journey of the heart to the sacred destination*—being in the continual presence of God. Reaching this destination is demonstrated through kingdom living—dwelling in the kingdom of God both now and in eternity. This incredible journey requires *uncommon commitment*, a deep desire to partner with God, and a willingness to allow the Holy Spirit to enlighten our dull or deadened hearts. The blessings that come from our journey to loving God with all our hearts will be worth every hardship we face along the way. Let us begin our pilgrimage looking at two key Psalms. Welcome to the journey!

## Passion of Pilgrimage

### Psalm 84

Psalm 84 is an inspiring passage that looks at the psalmist’s love for his God. The words of passion that the psalmist exhibits is an example to us of how we ought to feel toward God. He challenges us to a deeper walk, so we fall more deeply in love with God. Work through the Daily Journaling ✍️ exercise for Psalm 84 on page 38.

Read Psalm 84 and answer the following questions.

#### Introduction (verses 1-3)

1. What words did the psalmist use to exhibit his emotions? \_\_\_\_\_  
\_\_\_\_\_
2. What word best summarizes these emotions? \_\_\_\_\_  
\_\_\_\_\_
3. What should we yearn for? \_\_\_\_\_  
\_\_\_\_\_
4. How do we know what we truly yearn for? \_\_\_\_\_  
\_\_\_\_\_
5. What do you yearn for? \_\_\_\_\_  
\_\_\_\_\_
6. The psalmist states he yearns for God. What keeps you from yearning for God?  
\_\_\_\_\_
7. What is the psalmist’s passion? \_\_\_\_\_

#### Blessed (verses 4-7, 12)

8. What are the four blessings expressed in these verses? \_\_\_\_\_  
\_\_\_\_\_
9. The psalmist pronounces God’s blessings on those who dwell in His house. How can you dwell in God’s presence in the busyness of your day (verse 4)? \_\_\_\_\_  
\_\_\_\_\_

Word definitions are based on the original Hebrew language.

*Yearn* means to become pale or pine after.

*Faint* means to spend.

*Blessed* comes from “escher” and means happiness. (v. 4)

*Dwell* comes from “yoshab” and means to sit down, remain, abide, continue, or endure. (v. 4)

*Strength* comes from “chayel” and means a force or to be able. (v. 5)

*Pilgrimage* comes from “mecillah” and means a through-fare (v. 5)

10. If we are blessed in His strength, how do we appropriate this blessing (verse 5)?  
\_\_\_\_\_
11. How would you set your heart on pilgrimage? \_\_\_\_\_  
\_\_\_\_\_
12. In what ways are you experiencing a Valley of Baca or a dry land situation (verse 6)? Is it your marriage, your family, your extended family, your workplace, your ministry?  
\_\_\_\_\_
13. Can you picture yourself as a pilgrim, going through the Valley of Baca and God blessing it as a result of your loving Him with all your heart? \_\_\_\_\_  
\_\_\_\_\_
- What does that look like? \_\_\_\_\_  
\_\_\_\_\_
- Can you give an example of a person/situation where you observed this? \_\_\_\_\_  
\_\_\_\_\_
14. What would your life look like “going from strength to strength” (verse 7)? \_\_\_\_\_  
\_\_\_\_\_

### Prayer (verses 8-9)

15. How does the psalmist approach God in his prayer? \_\_\_\_\_  
\_\_\_\_\_
16. What is the psalmist praying for? What is his desire? \_\_\_\_\_  
\_\_\_\_\_

### Statement of Faith (verses 10-11)

17. What is the point of the psalmist’s statement (verse 10)? \_\_\_\_\_  
\_\_\_\_\_
18. If some blessings are conditional on walking “blamelessly” (verse 11), how do we do this? \_\_\_\_\_  
\_\_\_\_\_
19. Which blessing means the most to you (verse 11)? \_\_\_\_\_  
\_\_\_\_\_

### Trust (verse 12)

20. How do we put into practice the blessing of trusting God? Note: being “in God” plays an important role here (review Power Pipeline #3 on page 26). \_\_\_\_\_  
\_\_\_\_\_

Even in the “Valley of Baca,” we need to accept the situations God allows in our lives. God is at work in these situations and He desires to work in us, for us and through us. He wants us to learn more about Him and His heart from the experience. The key is

*Valley of Baca* (v. 6) means a place of weeping. The reference implies that it is a dry place, but the psalmist offers encouragement. As we are on pilgrimage, God’s presence in us will make it a place of springs and rain. Blessing will occur because we travel through that dry land.

*Blameless* comes from “tamiym” and means entire, without blemish, or complete.

*Trust* comes from “batach” and means to be confident, sure, secure, or be bold.

Additional verses on which to meditate:

Psalm 42:1


Job 19:27

Psalm 63:1

Matthew 6:21

Acts 13:22

changed thinking that does not ask, “Why, Lord?” but “What are you desiring for me or from me, Lord?”

21. In summary, when we yearn for someone or something, it could be called a passion. Summarize your responses to questions four through seven about your passion, or yearning, for God and record it in your  journal.

## **Daily Journal Response** **Passion of Pilgrimage**

Reflect on the following verses and answer the following questions on each day:

- What was I passionate about today?
- How did I yearn for God?

The purpose is to be more aware of your response to God on a daily basis. You may want to print up the verses below and carry them with you, or put them in strategic places as reminders to focus on godly passions and yearnings.

**Day 1**—Read 1 Corinthians 7:35.

**Day 2**—Read 1 Corinthians 9:24.

**Day 3**—Read 1 Kings 15:14.

**Day 4**—Read 1 Kings 14:8.

**Day 5**—Read 1 Kings 11:37.

**Day 6**—Read Deuteronomy 4:29.

**Day 7**—Read Ephesians 6:6.

## **Psalm 84 Conclusion**

The psalmist expresses a passion for God’s presence and living with uncommon commitment. The psalmist says it would be better to spend one day in the presence of the Lord than a thousand elsewhere. Could we spend years apart from God? The Valley of Baca is a place of weeping and mourning—dry and arid. It’s not a friendly place. It reminds us of the world without Christ. The Valley of Baca is the reality of the world, and the Lord is calling us to transform it to be a spring or fountain overflowing and giving life. We are to overflow with hope, thankfulness, God’s love, power, joy, and the fruit of the Spirit and bring life to others.

# Pilgrimage with an Undivided Heart

## Psalm 86

David shares his intimate relationship with his God and his impassioned request for an undivided heart (verse 11). Because of this relationship, he feels free to talk to his Lord about all his life needs. Work through the Daily Journaling ✍️ exercise for Psalm 86 on page 40.

As you read this Psalm look for how David:

- confesses what he believes about God and himself.
- remembers who God is.
- petitions God.

1. List the confessions David makes about himself. \_\_\_\_\_  
\_\_\_\_\_

2. What confessions can you make about yourself? \_\_\_\_\_  
\_\_\_\_\_

3. List the things David knows about God (verses 5-13). \_\_\_\_\_  
\_\_\_\_\_

4. What things does David ask God for throughout this psalm? \_\_\_\_\_  
\_\_\_\_\_

5. How does what you know about God affect how you pray to Him? \_\_\_\_\_  
\_\_\_\_\_

6. David starts out this psalm by stating he is poor and needy which sets a posture of dependence on God (verse 1). How are you poor and needy for God? \_\_\_\_\_  
\_\_\_\_\_

7. List David's three statements of faith (verses 2, 10). \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Although we make similar confessions, do we live them out in our everyday lives?

8. Write out these three statements in your own words. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

9. Do you have a personal statement of faith to add to the above statements? List it here.  
\_\_\_\_\_  
\_\_\_\_\_

*Devotion* comes from the Hebrew "hasid" and means the godly or saints.

*Undivided* is literally translated “unite my heart.” *Unite* comes from “yached” and means a primitive root, to be or become one, or join.

10. David gives us a clue as to what may be missing in our attempts to live out these Christian truths. What does David say about the heart (verse 11)? \_\_\_\_\_

Let us explore the concept of being “undivided” in our hearts and lives. The prophet Ezekiel prophesied how God would change the hearts of the Israelites in captivity. “I will give them an undivided heart and put a new spirit in them; I will remove from them their heart of stone and give them a heart of flesh” (Ezekiel 11:19).

Paul gives examples of unmarried persons being undivided in their devotion to the Lord. Paul points out that his example is not meant to be a restriction on marriage, but rather how a married person will have divided interests (1 Corinthians 7:32-35).

David’s passion and desire to live with an undivided heart came from his desire to delight in the Lord (Psalm 37:4).

11. Write your own definition of an undivided heart below.

## **Daily Journal Response** **Pilgrimage with an Undivided Heart**

As you journal this week, reflect on Psalm 86, the daily Scriptures below, and having an undivided heart for God. Answer the following three questions each day:

- How much did I desire God today?
- How did I ask God to give me an undivided heart today?
- How did I live out being on pilgrimage, dwelling in God’s strength, and trusting Him today?

**Day 1**—Read Matthew 6:19-24 and Joshua 24:15-20.

**Day 2**—Read 1 Samuel 7:3-4 and 1 Kings 18:15-21, 36-39.

**Day 3**—Read 2 Kings 17:32-41 and Matthew 4:1, 8-10.

**Day 4**—Read Romans 6:16-22.

**Day 5**—Read Galatians 1:10.

**Day 6**—Read James 4:4-8.

**Day 7**—Read 1 John 2:15-17.

## **Psalm 86 Conclusion**

Psalm 86 (along with Psalm 84) shows us how the psalmist is continuously on a pilgrimage to undivided devotion. He believes he can pour out his desperate heart to a listening and responding God. We see a picture of active dependence and an “I can’t do it alone” attitude. He wants his heart revealed; he wants his heart united in pursuing God alone.

**Summary**—Transformation takes place out of *partnership!*

**Our part**—To live in undivided devotion to God (1 Corinthians 7:35).

**God's part**—To give us the undivided heart (Psalm 86:11).

---

## Heart Lab #4

### The Pilgrim's First Daily Thoughts

Each day, read the following statements. Ask the Holy Spirit to illuminate His special thought(s) for this day. Record in your journal how focusing on this thought throughout your day affected you.

- I am Yours today, Lord.
- I desire to please You with my life today—to desire what You desire.
- Thank you, Lord, for what we did together yesterday.
- Forgive me for \_\_\_\_\_ yesterday.
- I surrender my life to You today. Your will, not my will. Grant that I might glorify You today.
- Help me love, serve, trust, obey and seek You with all my heart today.
- Lord, give me strength and courage to do Your will today and to make right choices without compromise.
- Give me a pure heart today.
- Holy Spirit, I desire to see Your power today.
- Keep me from distractions.
- Help me see all the kingdom building opportunities and seize them.
- I desire that everyone in my life would know that You are God.
- I pray that I would fear Your name.
- I ask to be filled and overflow with Your Spirit.
- Lord, I ask for Your steel convictions and joy.
- I will live in You, for You, and through You, dear Holy Spirit.
- Multiply my fruit-bearing today.
- Cause me to overflow with Your fruit today.
- Lord, may I be inspiringly uninhibited in doing Your will today.
- Lord, what are we going to do today?

### Journal Response

- How did these statements help you in your daily pilgrimage?
- What areas did you struggle with or need God's grace?
- In what ways did you glorify God?

## Two Barriers to Wholehearted Devotion

Now we will look at two causes of a divided heart. The first is shallow spirituality and wounds and the second is Cultural Christianity.


The first cause, wounds, will be explored in detail in this and the next two chapters as Heart Labs. There are a total of six wounds. Each of these wounds will be discussed in your Pilgrim Group sessions, one wound per session. It is important that we give the Holy Spirit the opportunity to address these issues of the heart. It is most likely that we will personally deal with a few of the wounds, not all of them. This will vary depending on each pilgrim's life experiences.

Cultural Christianity will be explored in a Heart Lab to help us identify how it has affected our walk with God.

### Barriers to Wholehearted Devotion: #1 Shallow Spirituality/Woundedness

What a vicious cycle. We sin. People sin against us and we become resentful and bitter. We, merely apologize for our sin rather than authentically confess and repent until we are cleansed and free of it. *Our apologizing is shallow spirituality* because we speak from our mind, not from deep within the heart. We do not want the sin, but our hearts are enslaved. We choose to continue to *embrace the sin pattern* because the root of our sin remains. It displaces the love of God in us which results in limited power, limited fruit of the Spirit, compromised purpose in life, and being much more vulnerable to principalities and powers, which keeps us from truly loving others. "For what I do is not the good I want to do; no, the evil I do not want to do—this I keep on doing. Now if I do what I do not want to do, it is no longer I who do it, but it is sin living in me that does it" (Romans 7:19-20). This sin must be removed from us.

1. Review your responses to Heart Labs #2 (page 23) and #3 (page 27) from the first chapter. Identify one sin area where you can partner with God and receive His healing and freedom. \_\_\_\_\_  
\_\_\_\_\_
2. Describe your sorrow over this area. \_\_\_\_\_  
\_\_\_\_\_
3. Write your confession about this sin area (either commission or omission) For example: you may have discovered that you live a life of duty and discipline. You are very much an "in control" type of person and live that way out of habit not choice. \_\_\_\_\_  
\_\_\_\_\_

4. Use your  journal to supplement your thoughts and reflections. Invite the Lord's presence and power into your life to change it. Write as if you were simply talking with the Lord face to face.

## The Solution

### Being Good Soil and Fruitful Soil

The Parable of the Sower in Matthew 13:1-9, 18-23 defines different types of soils. The seed sown in good soil is the man who hears the Word, understands it and produces a crop, 30, 60, or 100 times what was sown. The point here is that good soil hears (receives), understands (comprehends) and bears fruit (to bring forth, act).

How do we become good soil, healed of sin and woundedness? We must see, hear, understand, turn, and be healed. Jesus cautions us:

Though seeing, they do not see; though hearing, they do not hear or understand. In them is fulfilled the prophecy of Isaiah: "You will be ever hearing but never understanding; you will be ever seeing but never perceiving. For *this people's heart has become calloused*; they hardly hear with their ears, and they have closed their eyes. Otherwise they might *see* with their eyes, *hear* with their ears, *understand with their hearts* and *turn*, and I would *heal* them." (Matthew 13:13-15)

If we believe Satan's lie that there is no need for healing, then we are unwilling to take Jesus into every wound and sin pattern in our lives. Therefore, we do not hear and do not understand. We do not turn to Him totally. We act as though we are fine. Jesus wants to heal all of the issues in our hearts. We avoid going down deep into our wounds because we do not want to re-experience them. But we must walk Jesus into the deepest, darkest parts of our hearts and allow His healing to minister to us. Remember the context of the parable of the sower: if we are the good soil we are willing to *see, hear, understand* and *turn* to Him and *receive healing!*

- **Seeing** is recognizing a truth that God is showing us.
- **Hearing** is opening the chambers in our hearts where we have been blind and have not previously allowed the Lord.
- **Understanding** is allowing the light of Christ to bring us to a point of knowing our sin/woundedness and why it is there.
- **Turning** is inviting Jesus into the sin/wound and even reliving the ugliness of it and while in the midst of that pain asking Jesus to come in and heal it.
- **Healing** will come when we are truly desperate for God. He will come in and clear our sin and pain.

If we are truly desperate for God to heal, He will come in. He will free us from our sins and pain. Keith experienced this and here is his story:

I was seeking to have the Lord reveal why I had anger in my life. I discovered this anger was due to feelings of rejection from events early in my life. This produced in me a drive for acceptance in the flesh. I would perform to greatness at all cost. I turned to Him for healing the *root* cause of my anger. As I sat in silence, eyes closed, I opened the door to that deep rejection and disappointment.

I could feel a lump well up within me underneath my sternum. I asked Jesus to come to the wound and heal it. I felt the lump as though it was partially blocking a stream within me. Suddenly, the lump was eroding away. Within a 20-minute period, the lump and pain were gone. Praise God! The Lord had me experience a physical feeling to heal a heart issue. As a result of this healing, it made room for more of God's love. I am excited about where this healing is taking me in loving my enemies as well. "But I tell you who *hear* me: Love your enemies, do good to those who hate you, bless those who curse you, pray for those who mistreat you" (Luke 6:27-28). I can say that I am growing in capacity now, not to love my enemies through intentional thought, but to love them as a result of the love of God growing in me. I would not be able to love my enemies in any other way but by the love of God flowing through me. I now have a new capacity to love.

God wants to give us all a full capacity to love Him by removing what hinders us in our hearts. Make sure you set aside time to allow God's presence to enter a ready heart. Deal with issues as the Lord reveals them to you in order to experience His healing, power and freedom.

We often do not understand that we are wounded and that *all wounds hinder relationships!* These wounds come in many forms:

- **Deceit and denial** are our false self (masks) that we want to present to the world to hide or deny who we really are. We hide not only from the world but also from ourselves. Masks keep us from being authentic. They are a false protection.
- **Shame** is the extreme embarrassment that causes us to have a low view of ourselves and can cause us to shame others.
- **Fear** removes us from real life and hinders trust. We embrace fear more than we embrace God in certain situations.
- **Anger** is the result of perceived inequity in the world towards us. We stuff unresolved issues in our hearts and they explode when triggered. Anger drives people away.
- **Loss** is a grieving. Unresolved loss comes through the death of a person, dream, or expectation.
- **Bitterness** is the resentment bred by reenacting in our minds offenses done to us over and over and over again.

Satan has made sure we do not forget our wounds. Often these unresolved experiences took place before age 13, when we were unable to understand and cognitively deal with the issues and pain. The point is not the people who caused the wound to take place,

but our need for healing, forgiveness and freedom. We may need to go back and deal with some of the issues with people, but they are not the purpose. Satan uses the wounds against us: to distract us, to make us ineffective, and ultimately to destroy us (1 Peter 5:8). Spiritual warfare enters here because the wounds are still unresolved. Satan is the originator of the wound and knows what buttons to push to revisit the pain, to distract and dissuade us from intimacy with God and others. He harasses us, but we can be free through authentic confession and repentance. These unresolved wounds are called “footholds” for the enemy (Ephesians 4:27). If not dealt with, wounds can become strongholds which require divine power to destroy them (2 Corinthians 10:4). By going through the exercises laid out below and in further sessions, we will discover and deal with our wounds and sinfulness. They are roadblocks, hindrances to loving God with all our hearts.

*Heart Lab #5: Your Lifeline* will help us uncover any wounds and their roots through the following process of reflection and discovery.

1. Uncover the wound. We will explore six different areas of woundedness.
2. Define a theme(s) that leads us to the root (central point) of a sin/wound. What lies beneath the wound? Is it a lack of love, acceptance or respect?
3. Define the lie. Satan wants us to believe that our sin/wounds will never be resolved. He causes us to believe the lie, for example: “I will never be fully loved by man or God.” The lie is to deceive the heart.
4. Uncover the sin pattern. Define the self-protective strategies being used to protect our hearts from man and separate us from God. One self protective strategy might be to minimize emotional attachments and relationships keeping them at a platonic or business level.
5. Discover the vow that we have made to protect ourselves. For example: “I will always avoid emotional attachment,” “I will not allow anyone to attack me without defending myself,” or “This kind of hurt will never happen again in my life.”
6. God’s part is to bring healing. Isaiah 61 proclaims that Jesus has come to heal our broken hearts and set the captives free. There are *Healing the Wound* Heart Labs to help you pull together your thoughts with specific questions on each wound.

The healing process will be developed in the following chapters, but God’s healing is always available. The questions are designed to bring you into God’s healing presence. As you unpack the emotions associated with a wound, it is important to realize that Satan’s lies wound us. His tactics go deep into our hearts.

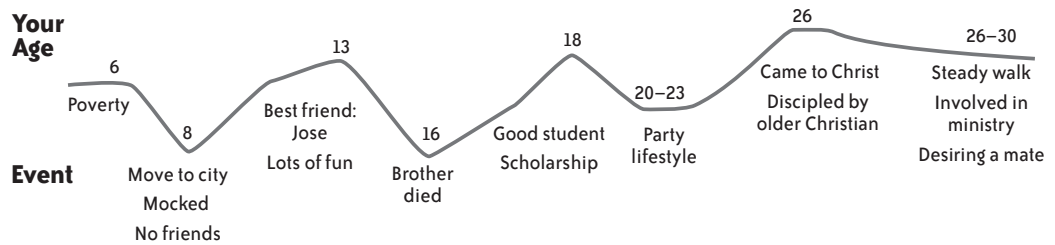
We must allow our calloused hearts to be dissolved (Matthew 13:15) through hearing God’s message, taking Jesus to our wounds by “turning to Him,” and inviting Him in to heal the wound. In Mark chapter two, the friends of the paralytic *expend all effort and cost* in order to attain healing for him by taking him to the roof and lowering him before Jesus. Jesus saw their faith and said, “Son, your sins are forgiven.” In the same way, at all

cost, we need to embrace Him fully and invite His love to fill the places where we were wounded and then we will be free! Revelation 3:20 says, “Here I am! I stand at the door and knock. If anyone hears my voice and opens the door, I will come in and eat with him, and he with me.”

## Heart Lab #5

### Your Lifeline

On the facing page, chart the events that were high points and low points during the approximate age ranges shown on the Lifeline worksheet. Record the events and draw a line connecting them, as shown in this fictional example:



List up to three events that had a major negative impact on your life. Answer the following questions for each of these events.

Event 1 \_\_\_\_\_

Event 2 \_\_\_\_\_

Event 3 \_\_\_\_\_

How did these events impact your life up to this point?

Event 1 \_\_\_\_\_

Event 2 \_\_\_\_\_

Event 3 \_\_\_\_\_

When you remember these events, do you still hurt, become angry, etc.?

Event 1 \_\_\_\_\_

Event 2 \_\_\_\_\_

Event 3 \_\_\_\_\_

How has Satan used these events to wound you?

Event 1 \_\_\_\_\_

Event 2 \_\_\_\_\_

Event 3 \_\_\_\_\_

# Heart Lab #5

## Your Lifeline

---

Draw a line depicting your life. Draw the ups and downs and identify what was happening at that time.

26-30

19-25

13-18

0-12

**Your Age**

**Event**

61+

51-60

41-50

31-40

**Your Age**

**Event**

Over the next several chapters, we will use this Lifeline to identify areas where we need to allow God to bring healing and forgiveness. We will explore these issues as we examine our wounds: deceit/masks, shame, fear, anger, loss/grief, and bitterness. You may have experienced one or more of these types of wounds, this will vary from person to person. Allow God to reveal your wounds by opening your heart. Many people do not even recognize the wound they experienced until they do this lifeline exercise.

## Exploring the Wound of Deceit/Masks

Once you have completed your Lifeline, the first wound to explore is deceit/masks. Examine what masks—deceptions we tell ourselves or others—you may have developed due to painful experiences in your life. Review the events from your Lifeline. Reflect on the questions below to help process your feelings of deceit/masks.

---

### Heart Lab #6

### Healing the Wound of Deceit/Masks

Isaiah 61 proclaims that Jesus has come to heal our broken hearts and set the captives free. This Heart Lab helps you pull together your thoughts on the wound of deceit/masks.

1. What masks did you wear at each event that wounded you? Why?

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---

2. How has Satan used this in your life and what impact does it continue to have?

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---

3. Define a *theme(s)* or the core issue of the wound. What lies beneath the wound?

---

---

4. Define the *lie*. Satan wants you to believe that your wound will never be resolved. So he causes you to believe a lie, such as, "I will never be fully loved by man or God." This lie deceives the heart. What is the lie you are believing?

---

---

5. *Define your self-protective strategies.* These are reactions or thought patterns used to protect our hearts from any more pain, for example—minimizing emotional attachments, keeping relationships at a platonic or business level, or being the first to end a relationship so rejection is avoided. What self-protective strategies have you used?

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6. All of the above techniques led to *making a vow* by which you have lived your life. For example, “I will avoid emotional attachment” or “I will not allow anyone to attack me without defending myself.” What vow have you made?

---

---

7. What is it that you hate about this deceit/mask and the impact it has had on your life?

---

---

8. Are you ready for Jesus to heal this in your life? If so, picture the wound. Can you feel the pain? Where do you feel it in your body?

---

9. Ask Jesus into that painful place. Ask Him to heal the pain. Wait on Him. What happened? Are you cleared of it?

---

10. Rejoice in what God is doing. Record it here.

---

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## Journal Response

Continue to record your reflections on how deceit/masks have wounded you, and how God is helping you understand and is freeing you from Satan’s lies. Pray about what God has revealed to you about deceit you have experienced and the masks that you wear.

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## Summary

1. Shallow spirituality and unresolved wounds leading to sin are the enemies of whole-hearted devotion.
2. Repent of the sin and unresolved wounds that distract and separates us from God and others.
  - Seek God's enlightenment and healing in *Heart Lab #5: Your Lifeline*.
3. Be free through the healing process as you reflect on the different areas of unresolved wounds throughout this process.
  - Hear God; see the sin and wounds.
  - Understand the lies within your heart.
  - Turn from the bitterness and vows you have made.
  - Receive Christ's healing and freedom.

We must come to grips with the fact that we are not as spiritually healthy as we would like to believe we are. Each issue that is revealed and dealt with moves us toward experiencing more of God's presence and setting us free to have His love and fullness.

**If you have any questions about your salvation, refer to page 34.**

## Heart Story

### Keith's Checklist

It's amazing how we are blind to our heart. I have loved Karen for 35 years. What a marvelous thing God is doing in us and through us, to have oneness. A few years ago, Karen was suggesting that we weren't having the quality and tender time together that she knew we could have. I asked her what it was that needed to be different, that would foster increased closeness. Using my consulting skills, of course, we put a list together and from that I made a checklist. I was dutiful to that checklist. It did improve our relationship. Then...a disaster...I lost my checklist. Soon my behaviors fell behind, without my checklist, I was less disciplined. Days later, Karen asked me "What's going on?" I told her I had lost the checklist! Sudden revelation hit us both: "Oh, is that what drives our relationship? A checklist?" "Is that what I am to you, duties to be fulfilled?" Alright, yes, I had to admit that none of us wants to be loved as a list of duties, we want it to be a natural result of our desire for one another. Is it possible, God feels the same way?

## Barriers to Wholehearted Devotion: #2

### Cultural Christianity

My story illustrates a condition that both our social culture and Christian culture have bred. The second cause of a divided heart is what we call Cultural Christianity. How often do we meet another person that seems full of the Spirit of God? This would be exhibited by their joy, their peace no matter what their circumstances, their hope in the things of God alone, and powerful lives from the Spirit of God being active within them. Unfortunately, it is far too seldom! Why do we not see more of these lives, as we might picture Jesus himself or the Apostle Paul powerfully doing God's work? ("God did extraordinary miracles through Paul," Acts 19:11.) The answer is that we have chosen a *life purpose* other than bringing glory to God. It is a disease in the body of Christ today called "Cultural Christianity" and it is contrary to Christ's plan for His body.

What does cultural Christianity look like? It is a deadened and dull condition of faith, one that lacks passion for Him. It is a shallow level of intimacy with Christ, failing to be filled by the Spirit with God's joy, peace, love, thanksgiving, power, goodness, and kindness. This is caused by failing to truly seek Him. We do not long to be with Jesus. Our lives are full of rote spirituality, filled with activities that are meaningless to relationship and without God's power.

We are often trained to be "Christian" in our beliefs and church activity: to do good and to be good. This can result in a shallow level of intimacy with God. We are trained in the right behaviors but possess little passion for Christ and His Spirit. We do not see the things that Jesus said we would in our lives. Paul succeeded in experiencing God's power. Why don't we? Because we go through life with our hearts set on things of the earth, dragging along a faith that is cerebral and characterized by a lack of spiritual passion, compromised

## Session 3 Assignment

1. Read Chapter 2, pages 51-63, and complete the exercises.
2. Complete Heart Labs #7 and 8.
3. Memorize Matthew 13:13-15.
4. Journal—"How I Have Partnered with God Today."
5. Do a mid-week check-in with some or all of your Pilgrim Group members.

Additional reading—*What Characterizes a Pilgrim Who Succeeds* (page 196).

## Pilgrim Guide

The Lesson Plan for Session 3 is on page 29 of the *Leader's Guide*.

by other desires. Our walk with God is lifeless, purposeless, and without power. We live dutifully, engaging in spiritual activities but missing time margins in our lives that would allow the Lord to speak and guide us daily. We are just too busy and too scheduled.

Some of us want it this way, so that we can engage in the passions of this world; others desire more but cannot break out of the nominal relationship with the Holy Spirit. We do not want our earthly desires to be completely removed, because we get a fleeting and limited sense of satisfaction from them. So we go on with this shallow Christianity and think it is the real thing, that these activities are what the spiritual life is all about. We wind up having a false view of spiritual health because we are doing what we perceive as right activities rather than living worshipfully in His presence.

In contrast, breaking out is not a matter of trying that much harder, nor is it about right behavior or being more self-disciplined. It is about being filled with the power of God, surrendering in our hearts from earthly things, and wholeheartedly seeking to please God. This pleasing God is not about “doing”, it’s about “desiring” Him and loving Him—seeing each day as an opportunity to be intimate with Him and glorify Him.

Cultural Christianity is marked by dullness because it is all about learned behaviors meant to fulfill the letter of the law, rather than an exciting faith walk with the purposes of God in mind, moment by moment. His presence causes an overflowing joy and peace that we can barely contain, a joy that transcends our circumstances. We are controlled by His Spirit; the reality of his presence is evident to those around us. As a result, we see God’s hand working in and through us, just as we saw in Jesus and in Paul’s life.

What are the life needs and goals of a Cultural Christian? Some of these may include:

- Safety and security: life must be without risk and strife.
- Success: achieving it, looking like it, speaking of it, viewed as possessing it.
- The perfect family: must be viewed as a great parent by friends, family, and neighbors.
- Physical beauty or fitness: must be seen as the “attractive person” with whom people will want to associate.
- Comfort and entertainment: believing life isn’t fair if we don’t get to have our share.
- Being well respected and most popular: because of knowledge and appearance.
- Quality food and drink: these are basic elements of God’s blessing and are our right because of hard work.

These objectives are not necessarily wrong in themselves, but we must consider our motives and what our hearts are truly seeking.

Cultural Christians believe they need to be *doing right things*: weekly church attendance, tithing, Bible reading, regular prayer, involved in church programs and activities, Bible studies, and other good things which are all very healthy activities that God expects and requires. The problem arises when we engage in all these things and have no passion for the Lord, a deep yearning to be with Him. We forget to invite Him in due to the busyness of the activity, and miss out on the intimacy of inviting Him into our everyday activities and producing imperishable fruit through them. When our life is

judged by God, He is not going to ask: “Were you in the right activities?” rather He will say, “Tell me about our partnership and the fruit that it bore while you lived.” Jesus gave an example of this when He condemned those whose life was all about activity and not about relationship. “Not everyone who says to me, ‘Lord, Lord,’ will enter the kingdom of heaven, but only he who does the will of my Father who is in heaven. Many will say to me on that day, ‘Lord, Lord, did we not prophesy in your name, and in your name drive out demons and perform many miracles?’ Then I will tell them plainly, ‘I never knew you. Away from me, you evildoers!’” (Matthew 7:21-23).

Cultural Christians struggle with wanting to be free, but will not release their earthly passions to God. Their hearts are set on white-washed earthly desires, objects, or activities. They try to arrive at God’s destination for them weighed down by baggage they bring into the relationship. They are encumbered and entangled. God says “I’ve got it all figured out for you, just trust me.” They are saying, “I like your plan, but I want to add to it.” So, they stay mired in this compromised state. They say, “I’ll just keep a few more rules; I’ll do a few more right activities,” to try to balance things out. The reality is that they remove themselves from God’s plan and make it their own plan—which they think includes God. But they cannot get to God’s will for them this way, layering compromise upon compromise, because they will not let go of what they love here on earth.

Cultural Christians are seeking to have their lives “fixed” by God, not to grow in God. They are stressed, worried, and anxious about the things of this world and the present challenges. They are planning their next vacation or next purchase. They are busy fitting their “spiritual” activities into an already crowded calendar. They are weeping over their financial losses or not being treated with what they view as respect or fairness. They are preoccupied with getting the “list” accomplished that day. These are the things that characterize the life of a Cultural Christian. They believe they will become contented when they reach their next goals. Why do we believe that we can find lasting satisfaction from the world when we can only get the peace of God as a gift from Him alone?

The Cultural Christian does not take God literally when He says that we will perform even greater things than Jesus did (John 14:12), move mountains (Matthew 17:20), and truly love one another sacrificially. We have underestimated the blessings He has for us, underestimated what it is like to be in His perfect peace. We therefore under-invest and do not seek with all of our hearts. Somehow, we believe that we have a better plan and can live our lives more successfully and satisfyingly than what He can do in us, through us, and with us when we obey Him. We continue to hear that it is not “about me,” and yet we continue to live like it is. Why will we not release our earthly passions and embrace an intimate relationship with Him and a continual walk with the Holy Spirit?

Why do we struggle with Cultural Christianity?

1. We choose it to be that way.
2. Our role models do not love, seek, and trust God with all their hearts. We are not seeing it lived out by others.

3. We do not believe God's promises that He will do a better job with our lives than we will.
4. Satan is working to destroy our spiritual lives through deception and we cooperate.
5. We do not desire all of God and His plan and, thus, give Him our hearts.

## The Solution to Cultural Christianity

Do we really love God? Do we really desire Him more than anything? Do we really believe that He has everything for our lives? Then let us break free!! We will need to allow the Lord to teach us to think and act differently and be passionate about it. It will require uncommon commitment.

---

### Heart Lab #7

### Cultural Christianity

Mark on each bar your level of concern in that area.

	Low Concern	High Concern
Shallow intimacy with God	<input type="range"/>	
Limited spiritual passion	<input type="range"/>	
Rote obedience to spiritual activities	<input type="range"/>	
Learned Christian behaviors	<input type="range"/>	
Doing right things because that is what I was told	<input type="range"/>	
Busyness in spiritual activities	<input type="range"/>	
Will not release earthly passions	<input type="range"/>	
Dragging baggage	<input type="range"/>	
Life fixes versus growing, maturing/being transformed	<input type="range"/>	
Stressed, worried, anxious	<input type="range"/>	
Rule dominated life	<input type="range"/>	
Full of self—me first	<input type="range"/>	
Working by my own effort	<input type="range"/>	
Moral striving	<input type="range"/>	
Moral programs (do not's)	<input type="range"/>	
Do what I feel like doing	<input type="range"/>	
Safety and security without risk and strife	<input type="range"/>	
Success is a requirement of life	<input type="range"/>	
Being viewed as a great parent by others	<input type="range"/>	
Body beautiful	<input type="range"/>	

Comfort and entertainment is a requirement and right	
Most popular, acceptance at all cost	
Numbed down, dumbed down faith, low expectations	
Will not accept God's plan	
Layers of compromise	
Does not take God literally	
God is redefined by my needs and expectations	
Excuses—blame others	
God's power experienced limitedly	
Limited overflowing of the fruit of the Spirit	
Add your own statements	

## Journal Response

- How did this exercise reveal your spiritual health?
- With which areas listed above do you personally struggle?
- How can God help you in these areas?
- Write a prayer to God about your thoughts from this Heart Lab.

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Cultural Christianity is a strategic blind spot that can hold us back from loving God with all our hearts. Surrender to God those areas that keep you from being spiritually healthy. Being in love with the world does not allow us to be fully in love with God. We must recognize that we have “many” loves, not one love! Let us continue in our journey to God’s heart.

As wrong activities and attitudes are revealed, remember that healing, forgiveness, and freedom are the pathway of the pilgrim to having true heart change. In your journal, note what God has revealed about Cultural Christianity in your own life. Take the time needed to confess, invite Jesus’ love and forgiveness in, and covenant to follow His direction for your life.

## God’s Blessings of Pilgrimage

The unresolved issues of our lives can block the blessing of God from entering our lives. Our loving heavenly Father deeply desires to bless us! These blessings overflow out of God’s character—His very nature. This exercise is designed to motivate us to see how great God’s love is for us.

God pronounced powerful blessings on the Israelites as they prepared to enter the Promised Land in Canaan. But God made it very clear that His blessings were conditional on the Israelites fully following/obeying and trusting Him (Deuteronomy 28:1-14).

This activity will explore the blessings of God. In some passages, God's blessings will be seen as ways He helps us which is a form of blessing. Look up the following verses and state the blessing in the first column and the condition for receiving the blessing in the second column. The condition may be stated, implied, or simply be unconditional on God's part. Then list the blessing common to each group of Scriptures.

Scripture	State the Blessing	State the Condition
Joshua 1:8		
Psalms 1:1-3		
Mark 10:28-30		

What is the blessing common to the passages above? \_\_\_\_\_

2 Chronicles 16:9		
Isaiah 41:10		
Philippians 4:13		

What is the blessing common to the passages above? \_\_\_\_\_

Matthew 6:25-34		
John 14:27		
John 16:33		
Philippians 4:6-7		

What is the blessing common to the passages above? \_\_\_\_\_

Psalms 32:6-7		
Psalms 37:27-29		
John 17:12-15		
2 Thessalonians 3:2-3		

What is the blessing common to the passages above? \_\_\_\_\_

Scripture	State the Blessing	State the Condition
Proverbs 3:1-2		
Proverbs 3:7-8		
Proverbs 4:10		

What is the blessing common to the passages above? \_\_\_\_\_

Genesis 39:20-23		
Leviticus 26:2-3, 9		
Psalms 90:17		

What is the blessing common to the passages above? \_\_\_\_\_

Jeremiah 29:11-12		
Colossians 1:25-27		
Titus 1:1-2		

What is the blessing common to the passages above? \_\_\_\_\_

Matthew 4:1-11		
1 Corinthians 10:13		
Hebrews 2:18		

What is the blessing common to the passages above? \_\_\_\_\_

Acts 1:8		
2 Thessalonians 1:11		
2 Timothy 1:7-8		

What is the blessing common to the passages above? \_\_\_\_\_

1 Samuel 22:1-4		
Psalms 18:2-3		
Psalms 91:1-2		

What is the blessing common to the passages above? \_\_\_\_\_

Scripture	State the Blessing	State the Condition
Psalms 119:111-112		
Isaiah 35:8-10		
Luke 17:11-19		
John 15:9-12		
2 Corinthians 8:1-5		

What is the blessing common to the passages above? \_\_\_\_\_

Psalms 32:8		
Psalms 73:23-24		
Proverbs 3:5-6		
Isaiah 42:6		

What is the blessing common to the passages above? \_\_\_\_\_

Proverbs 4:6, 8		
Proverbs 13:18		
Psalms 84:11		

What is the blessing common to the passages above? \_\_\_\_\_

Proverbs 3:9-10		
Proverbs 11:28		
Proverbs 22:4		

What is the blessing common to the passages above? \_\_\_\_\_

Psalms 146:8		
John 16:27		
John 17:25-26		
Ephesians 3:16-19		
1 John 4:15-16, 19		

What is the blessing common to the passages above? \_\_\_\_\_

Scripture	State the Blessing	State the Condition
Leviticus 26:3-5		
Psalms 111:5		
Matthew 6:31-34		

What is the blessing common to the passages above? \_\_\_\_\_

Matthew 6:14		
Mark 2:3-12		
1 John 1:9		

What is the blessing common to the passages above? \_\_\_\_\_

1. What are some common conditions for blessings you see emerging from all these Scriptures? \_\_\_\_\_  
\_\_\_\_\_
2. How do these conditions relate to being on pilgrimage? \_\_\_\_\_  
\_\_\_\_\_
3. How much do you desire God's blessings? \_\_\_\_\_  
\_\_\_\_\_

## Blessings Summary

It is critical to realize that *blessings are not the objective. They are the fruit of intimacy with God.* Blessings are who God is. We want to know God so well, be intimate with Him by knowing His thoughts, His emotions, and His desires and reflect them back to Him. We do not want to just know and obey His commands and discipline ourselves to live them. True intimacy with God reflects a man/woman “after God’s own heart.” My life becomes defined by *wanting to please Him*, and not disappoint Him, and, thus, as my Father, He desires to bless me. Jesus said the greatest commandment is to love God with everything we are—heart, soul, mind, and strength (Mark 12:30). *Pilgrimage is the journey of the heart to the sacred destination, His presence.*

Consider the following illustration of drawing nearer to who God is and how He desires to bless us.

## Pilgrimage Checkpoint

### Spiritual Hurdles

Our spiritual life is very much like a track meet, with the focus on the high hurdles. Visualize God Himself at the center of the track, His presence radiating out, desiring for all of us to come to the final destination of being fully with him. This destination is realized through overcoming obstacles, barriers, and sinfulness in our lives. Continue to think about the track with concentric lanes and visualize yourself on one of the more outward lanes. The inner lanes are for the people experiencing more of God's presence in their lives. Each lane has a set of hurdles; these hurdles represent the cares of our hearts, sins, and wrong thinking. A person stays in his lane until he, empowered by the Lord, overcomes the hurdles of that lap. This person never moves closer to God until these hurdles (issues) are dealt with. He can add more knowledge, more inspiration, but if he does not overcome these barriers, there is no getting out of that lane. Knowledge by itself is useless or in some cases harmful without applied life change. It hardens him to the truth, the life giving principle. He does not move any closer to God or experience any more of His presence. Knowledge is not equal to heart application and life change. A person could be in the same lane for one year or less, or for 30 years, even a lifetime. He can play all the mental games that he wants to justify that he is moving closer to God, but if he is not experiencing any increase in the overflow of the Spirit of God within him, (hope, joy, peace, thankfulness, love and God's miraculous power), then he is just staying in that same lane. Therefore, unless he is willing to deal with the issues of his heart that keep him from moving to the center lanes, he is stymied.

In Heart Transformation, we must come to label these hurdles and, with the power of God, master them and destroy them, so that we can move closer to God. The closer we move, the more we will experience the kingdom of God here on earth. The closer we move, the more fruitful we will be for our Lord and Savior. The closer we move, the more we will have the overwhelming blessing of God in our lives.

As we focus on these barriers and issues, we must be desperate to have God join us in being healed and freed to love and enjoy Him and the life He has given us. It is about moving on in Him, not getting stuck in the guilt and shame.

### Exploring the Wound of Shame

We are using *Heart Lab #5: Your Lifeline* (page 46) to explore the various issues of our wounds: deceit/masks, shame, fear, anger, loss/grief, and bitterness. The next wound to explore is shame. Review the events from your lifeline. Reflect on the statements and questions in *Heart Lab #8: Healing the Wound of Shame* to help you process your feelings of shame.

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## Heart Lab #8

### Healing the Wound of Shame

Isaiah 61 proclaims that Jesus has come to heal our broken hearts and set the captives free. This Heart Lab helps you pull together your thoughts on the wound of shame.

1. Who shamed you and how were you shamed?

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2. How do you typically shame yourself?

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3. What is your greatest shame?

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4. Who have you shamed?

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5. What is the greatest shame you have given?

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6. How has Satan used shame in your life and what continuing impact has this had?

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7. Define a *theme(s)* or the core issue of the wound. What lies beneath the wound?

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8. Define the *lie*. Satan wants you to believe that your wound will never be resolved. So he causes you to believe a lie that deceives the heart. What is the lie you are believing?

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9. *Define your self-protective strategies.* These are reactions or thought patterns used to protect our hearts from any more pain. What self-protective strategies have you used?

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10. All of the above techniques led to *making a vow* by which you have lived your life. What vow have you made?

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11. What is it that you hate about this shame and the impact it has had on your life?

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12. Are you ready for Jesus to heal this in your life? If so, picture the wound. Can you feel the pain? Where do you feel it in your body?

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13. Ask Jesus into that painful place. Ask Him to heal the pain. Wait on Him. What happened? Are you cleared of it?

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14. Rejoice in what God is doing. Record it here.

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### **Journal Response**

Continue to record your reflections on how shame has wounded you, and how God is helping you understand and is freeing you from Satan's lies. Pray about what God has revealed to you about shame you have experienced or given.

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## **Pilgrimage Summary**

First, we have looked at two key psalms that define pilgrimage. The passion was explored in Psalm 84 and supporting Scriptures—a desire and yearning for God. In Psalm 84, we are called to pilgrimage, which is the “journey of the heart to the sacred destination.”

It requires uncommon commitment. In Psalm 86, we see the condition of having an undivided heart to journey in this pilgrimage. David communicates the close relationship he has with his Lord. In that close relationship, he is dependent on God and, therefore,

asking Him to give him an undivided heart. Partnership is required with a combination of undivided devotion on our part and God giving us an undivided heart. This partnership will position us to experience God's presence and His blessings. It is the partnership that brings a fruitful life.

Next, we looked at a major cultural roadblock to pilgrimage, Cultural Christianity. We examined how our cultural and personal expectations, church traditions, and personal agendas give us a false measure of our intimacy with God.

We explored some of the blessings God desires to give us. The common themes of following, obeying, and trusting God while desiring to please Him and be intimate with Him were seen as conditions for many of the blessings. Intimacy best describes the fertile soil of blessing.

Next, we explored how unresolved issues block our path to God's heart. Using the analogy of a track and field hurdles race, we saw how our personal "hurdles" can keep us from getting more intimate with God. This is a key concept in Heart Transformation and will be explored in more detail in future chapters.

In our journaling, we opened our hearts to God as we experienced the pilgrim attitude and commitment. To help explore our hearts further, the *Heart Lab#5: Your Lifeline* was introduced and the first two barriers, deceit/masks and shame, were explored. Additional areas will be explored using this Lifeline Heart Lab in future chapters.

Although pilgrimage is the first stage of Heart Transformation, it really describes the whole process of being on the journey of the heart to the sacred destination: God's presence. The next stage will examine in detail the truth of the heart as defined and illustrated in God's Word.

Be blessed as you continue in pilgrimage!

**If you are unsure of your salvation, please refer to page 34.**



## Chapter 3

# The Truth of the Heart

### Preview

We begin with a comprehensive look at how the heart is described in the Bible. Several key ideas will be developed to reveal the strategic nature of the heart in our lives. Various Heart Labs will examine our heart's condition, the things our heart treasures, and how much our hearts desire God.

Next, we will explore the hearts of several biblical characters: Moses, David, and Solomon. We will compare the lives of David and Solomon and the differences between a heart serving God and one serving self. Several New Testament passages will be examined as examples of wholehearted devotion to God.

We will continue with the lifeline wound Heart Labs, exploring the wounds of loss/grief and anger. Lastly, an illustration will be introduced that will help us see our brokenness as “rocks in a glass.” These rocks get in the way of God filling our hearts with His forgiveness and healing.

### Heart Story

#### The Secret Heart

A very capable and industrious woman from the Midwest was in the HT process for several years. The Lord had brought her through many barriers to being full of intimacy with Him. She had hoped that this was enough, but no, God was not finished. Over coffee one day, the question was asked by a fellow pilgrim, “Is there anything that you see in my life that isn't consistent with the HT message?” With that question, she turned and became introspective as to whether she wanted to be that transparent. The Lord used that opportunity to convict her heart and she began to reveal that she had a huge rock that needed to be exposed and destroyed. It was hindering her marriage, family, and the overflowing of her own heart. She confessed that she had been having a “love affair of the heart” with another man for years. They would talk weekly on a specific day, sometimes have coffee together. This kept her from being able to fully trust and embrace her husband, which obviously affected her family as well. The Lord said, “Now is the time to deal with this secret.” She went before the Lord, repented, sought her healing and had victory in walking with the Lord a day at a time as she was being transformed and healed of a wrong desire and love. Praise God!

### Session 4 Assignment

1. Read Chapter 3, pages 65-88, and complete the exercises.
2. Complete Heart Lab #9 and 10.
3. Memorize Jeremiah 29:13.
4. Journal—Journal about being weighed down (towel exercise)

Additional reading—*Yearning and Satisfaction* (page 198).

### Pilgrim Guide

The Lesson Plan for Session 4 is on page 31 of the *Leader's Guide*.

## Introduction


# The Truth of the Heart

As the above example shows, the heart has secrets. Just what is in our hearts? We are ready to find out. As we have reached a higher level of commitment in our pilgrimage, asking the Lord for an undivided heart, we are now in a position to add more of God's truth into our lives. We need more understanding of how transformation in the heart takes place. We need to not only know this truth, but diligently seek it, and wrestle with it in a way that will transform us. God wants us to know truth so that we can speak the truth and live the truth, more than we ever have before. We are in a position to obey God and discover a new kind of joy and blessing.

Remember, the more issues that are revealed and healing received, the more of God's love, freedom, peace and joy you will experience. This is great work and it pleases God.

## Exploring the Heart

The Bible references the heart over 750 times. We will explore about 200 of these verses that reveal the heart's strategic role in our lives. First, we will look at a variety of verses that help us discover our hearts in a general way. Next, we will explore Scriptures grouped together to reveal specific words and phrases that describe how the heart is the strategic center that affects our walk with God. At the end of each heart description grouping (Discovery, Darkness, Goodness, etc.) there is a concluding phrase called a Big Idea, as seen on page 71. There are six Big Ideas, five of which you will need to record on page 85.

Underline or highlight the descriptive word about the heart in each verse. Record the word or idea in the margin. Add any additional thoughts in your  journal. You may want to look at some of these references in context in your Bible.

## Heart Discovery

**Example:** Tell the Israelites to bring me an offering. You are to receive the offering for me from each man whose heart prompts him to give. (Exodus 25:2)

Give generously to him and do so without a grudging heart; then because of this the LORD your God will bless you in all your work and in everything you put your hand to. (Deuteronomy 15:10)

Among those nations you will find no repose, no resting place for the sole of your foot. There the LORD will give you an anxious mind, eyes weary with longing, and a despairing heart. (Deuteronomy 28:65)

The Lord your God will circumcise your hearts and the hearts of your descendants, so that you may love him with all your heart and with all your soul, and live. (Deuteronomy 30:6)

### Descriptive Words About the Heart

prompts

Every one of you that I do not cut off from my altar will be spared only to blind your eyes with tears and to grieve your heart, and all your descendants will die in the prime of life. (1 Samuel 2:33)

When Saul saw the Philistine army, he was afraid; terror filled his heart. (1 Samuel 28:5)

Then even the bravest soldier, whose heart is like the heart of a lion, will melt with fear; for all Israel knows that your father is a fighter and that those with him are brave. (2 Samuel 17:10)

Solomon answered, “You have shown great kindness to your servant, my father David, because he was faithful to you and righteous and upright in heart. You have continued this great kindness to him and have given him a son to sit on his throne this very day.” (1 Kings 3:6)

And you, my son Solomon, acknowledge the God of your father, and serve him with wholehearted devotion and with a willing mind, for the Lord searches every heart and understands every motive behind the thoughts. If you seek him, he will be found by you; but if you forsake him, he will reject you forever. (1 Chronicles 28:9)

For the eyes of the Lord range throughout the earth to strengthen those whose hearts are fully committed to him. You have done a foolish thing, and from now on you will be at war. (2 Chronicles 16:9)

...so the king asked me, “Why does your face look so sad when you are not ill? This can be nothing but sadness of heart.” I was very much afraid... (Nehemiah 2:2)

You found his heart faithful to you, and you made a covenant with him to give to his descendants the land of the Canaanites, Hittites, Amorites, Perizzites, Jebusites and Girgashites. You have kept your promise because you are righteous. (Nehemiah 9:8)

I myself will see him with my own eyes—I, and not another. How my heart yearns within me! (Job 19:27)

Who endowed the heart with wisdom or gave understanding to the mind? (Job 38:36)

You have filled my heart with greater joy than when their grain and new wine abound. (Psalm 4:7)

My shield is God Most High, who saves the upright in heart. (Psalm 7:10)

He boasts of the cravings of his heart; he blesses the greedy and reviles the LORD. (Psalm 10:3)

How long must I wrestle with my thoughts and every day have sorrow in my heart? How long will my enemy triumph over me? (Psalm 13:2)

He whose walk is blameless and who does what is righteous, who speaks the truth from his heart... (Psalm 15:2)

I will praise the LORD, who counsels me; even at night my heart instructs me.  
(Psalm 16:7)

May the words of my mouth and the meditation of my heart be pleasing in your sight, O LORD, my Rock and my Redeemer. (Psalm 19:14)

I am poured out like water, and all my bones are out of joint. My heart has turned to wax; it has melted away within me. (Psalm 22:14)

My heart is in anguish within me; the terrors of death assail me. (Psalm 55:4)

From the ends of the earth I call to you, I call as my heart grows faint; lead me to the rock that is higher than I. (Psalm 61:2)

When my heart was grieved and my spirit embittered. (Psalm 73:21)

My flesh and my heart may fail, but God is the strength of my heart and my portion forever. (Psalm 73:26)

I remembered my songs in the night. My heart mused and my spirit inquired...  
(Psalm 77:6)

My soul yearns, even faints, for the courts of the LORD; my heart and my flesh cry out for the living God. (Psalm 84:2)

Teach me your way, O Lord, and I will walk in your truth; give me an undivided heart, that I may fear your name. (Psalm 86:11)

His heart is secure, he will have no fear; in the end he will look in triumph on his foes. (Psalm 112:8)

I run in the path of your commands, for you have set my heart free. (Psalm 119:32)

An anxious heart weighs a man down, but a kind word cheers him up. (Proverbs 12:25)

Hope deferred makes the heart sick, but a longing fulfilled is a tree of life. (Proverbs 13:12)

Haughty eyes and a proud heart, the lamp of the wicked, are sin! (Proverbs 21:4)

He seldom reflects on the days of his life, because God keeps him occupied with gladness of heart. (Ecclesiastes 5:20)

The heart of the wise is in the house of mourning, but the heart of fools is in the house of pleasure. (Ecclesiastes 7:4)

I find more bitter than death the woman who is a snare, whose heart is a trap and whose hands are chains. The man who pleases God will escape her, but the sinner she will ensnare. (Ecclesiastes 7:26)

The workers in cloth will be dejected, and all the wage earners will be sick at heart. (Isaiah 19:10)

Your own conduct and actions have brought this upon you. This is your punishment. How bitter it is! How it pierces to the heart! (Jeremiah 4:18)

My eyes fail from weeping, I am in torment within, my heart is poured out on the ground because my people are destroyed, because children and infants faint in the streets of the city. (Lamentations 2:11)

For this people's heart has become calloused; they hardly hear with their ears, and they have closed their eyes. Otherwise they might see with their eyes, hear with their ears, understand with their hearts and turn, and I would heal them. (Matthew 13:15)

This is how my heavenly Father will treat each of you unless you forgive your brother from your heart. (Matthew 18:35)

I tell you the truth, if anyone says to this mountain, "Go, throw yourself into the sea," and does not doubt in his heart but believes that what he says will happen, it will be done for him. (Mark 11:23)

But Mary treasured up all these things and pondered them in her heart. (Luke 2:19)

And do not set your heart on what you will eat or drink; do not worry about it. (Luke 12:29)

Now my heart is troubled, and what shall I say? "Father, save me from this hour?" No, it was for this very reason I came to this hour.... (John 12:27)

I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world. (John 16:33)

No, a man is a Jew if he is one inwardly; and circumcision is circumcision of the heart, by the Spirit, not by the written code. Such a man's praise is not from men, but from God. (Romans 2:29)

That if you confess with your mouth, "Jesus is Lord," and believe in your heart that God raised him from the dead, you will be saved. For it is with your heart that you believe and are justified, and it is with your mouth that you confess and are saved. (Romans 10:9-10)

...so that with one heart and mouth you may glorify the God and Father of our Lord Jesus Christ. (Romans 15:6)

For I wrote you out of great distress and anguish of heart and with many tears, not to grieve you but to let you know the depth of my love for you. (2 Corinthians 2:4)

I pray also that the eyes of your heart may be enlightened in order that you may know the hope to which he has called you, the riches of his glorious inheritance in the saints... (Ephesians 1:18)

It is right for me to feel this way about all of you, since I have you in my heart; for whether I am in chains or defending and confirming the gospel, all of you share in God's grace with me. (Philippians 1:7)

May the Lord make your love increase and overflow for each other and for everyone else, just as ours does for you. May he strengthen your hearts so that you will be blameless and holy in the presence of our God and Father when our Lord Jesus comes with all his holy ones. (1 Thessalonians 3:12-13)

Anyone who believes in the Son of God has this testimony in his heart. Anyone who does not believe God has made him out to be a liar, because he has not believed the testimony God has given about his Son. (1 John 5:10)

Give her as much torture and grief as the glory and luxury she gave herself. In her heart she boasts, "I sit as queen; I am not a widow, and I will never mourn." (Revelation 18:7)

1. What do you find most fascinating about the heart? \_\_\_\_\_  
\_\_\_\_\_
2. How do you see the heart as a passionate driving force? \_\_\_\_\_  
\_\_\_\_\_
- What verses indicate this? \_\_\_\_\_
3. Identify how incredibly diverse the heart is. \_\_\_\_\_  
\_\_\_\_\_
- What verses indicate this? \_\_\_\_\_
4. How does the heart think and cause us to act? \_\_\_\_\_  
\_\_\_\_\_
5. Which verses indicate the emotions of the heart? \_\_\_\_\_
6. What happens to the heart when God is involved? \_\_\_\_\_  
\_\_\_\_\_
7. What conclusions would you draw about the heart? \_\_\_\_\_  
\_\_\_\_\_

The description of the heart from *Thayer's Greek Lexicon & Unger's Bible Dictionary*:

The heart (kardia) denotes the center of physical and spiritual life. It is the laboratory and origin of all that is good and evil. It is the dwelling place of Christ and the receptacle of the love of God.

### **Journal Response**

What does this description mean to you?

**Big Idea #1**—The heart is the center and driving force for all of life.

Conclusion: CPR

**C**—The heart is the **compass** that sets the direction.

**P**—The heart is the **passion** that powers the vessel.

**R**—The heart is the **rudder** that steers the course.

## Darkness of the Heart

The LORD saw how great man’s wickedness on the earth had become, and that every inclination of the thoughts of his heart was only evil all the time. The LORD was grieved that he had made man on the earth, and his heart was filled with pain. (Genesis 6:5-6)

Then the LORD said to Moses, “Pharaoh’s heart is unyielding; he refuses to let the people go.” (Exodus 7:14)

...then your heart will become proud and you will forget the LORD your God, who brought you out of Egypt, out of the land of slavery... (Deuteronomy 8:14)

As the ark of the LORD was entering the City of David, Michal daughter of Saul watched from a window. And when she saw King David leaping and dancing before the LORD, she despised him in her heart. (2 Samuel 6:16)

But Hezekiah’s heart was proud and he did not respond to the kindness shown him; therefore the LORD’s wrath was on him and on Judah and Jerusalem. (2 Chronicles 32:25)

...if I have concealed my sin as men do, by hiding my guilt in my heart... (Job 31:33)

Not a word from their mouth can be trusted; their heart is filled with destruction. Their throat is an open grave; with their tongue they speak deceit. (Psalm 5:9)

The fool says in his heart, “There is no God.” They are corrupt, their deeds are vile; there is no one who does good. (Psalm 14:1)

Whenever one comes to see me, he speaks falsely, while his heart gathers slander; then he goes out and spreads it abroad. (Psalm 41:6)

No, in your heart you devise injustice, and your hands mete out violence on the earth. (Psalm 58:2)

They plot injustice and say, “We have devised a perfect plan!” Surely the mind and heart of man are cunning. (Psalm 64:6)

...who plots evil with deceit in his heart—he always stirs up dissension. (Proverbs 6:12, 14)

...a heart that devises wicked schemes, feet that are quick to rush into evil...  
(Proverbs 6:18)

The tongue of the righteous is choice silver, but the heart of the wicked is of little value. (Proverbs 10:20)

The LORD detests men of perverse heart but he delights in those whose ways are blameless. (Proverbs 11:20)

A prudent man keeps his knowledge to himself, but the heart of fools blurts out folly. (Proverbs 12:23)

A man of perverse heart does not prosper; he whose tongue is deceitful falls into trouble. (Proverbs 17:20)

A man's own folly ruins his life, yet his heart rages against the LORD. (Proverbs 19:3)

Do not gloat when your enemy falls; when he stumbles, do not let your heart rejoice. (Proverbs 24:17)

Though his speech is charming, do not believe him, for seven abominations fill his heart. (Proverbs 26:25)

...for you know in your heart that many times you yourself have cursed others. (Ecclesiastes 7:22)

O Jerusalem, wash the evil from your heart and be saved. How long will you harbor wicked thoughts? (Jeremiah 4:14)

Their tongue is a deadly arrow; it speaks with deceit. With his mouth each speaks cordially to his neighbor, but in his heart he sets a trap for him. (Jeremiah 9:8)

But you have behaved more wickedly than your fathers. See how each of you is following the stubbornness of his evil heart instead of obeying me. (Jeremiah 16:12)

The heart is deceitful above all things and beyond cure. Who can understand it? (Jeremiah 17:9)

But they will reply, "It's no use. We will continue with our own plans; each of us will follow the stubbornness of his evil heart." (Jeremiah 18:12)

But your eyes and your heart are set only on dishonest gain, on shedding innocent blood and on oppression and extortion. (Jeremiah 22:17)

But as for those whose hearts are devoted to their vile images and detestable idols, I will bring down on their own heads what they have done, declares the Sovereign Lord. (Ezekiel 11:21)

Therefore speak to them and tell them, "This is what the Sovereign LORD says: When any Israelite sets up idols in his heart and puts a wicked stumbling block before his

face and then goes to a prophet, I the LORD will answer him myself in keeping with his great idolatry.” (Ezekiel 14:4)

But when his heart became arrogant and hardened with pride, he was deposed from his royal throne and stripped of his glory. (Daniel 5:20)

Their deeds do not permit them to return to their God. A spirit of prostitution is in their heart; they do not acknowledge the Lord. (Hosea 5:4)

But I tell you that anyone who looks at a woman lustfully has already committed adultery with her in his heart. (Matthew 5:28)

These people honor me with their lips, but their hearts are far from me. (Matthew 15:8)

For out of the heart come evil thoughts, murder, adultery, sexual immorality, theft, false testimony, slander. (Matthew 15:19)

The good man brings good things out of the good stored up in his heart, and the evil man brings evil things out of the evil stored up in his heart. For out of the overflow of his heart his mouth speaks. (Luke 6:45)

He said to them, “How foolish you are, and how slow of heart to believe all that the prophets have spoken!” (Luke 24:25)

1. What impression do you have about the darkness of the heart? \_\_\_\_\_  
\_\_\_\_\_
2. What verses identify that hearts can be devoted to evil? \_\_\_\_\_  
\_\_\_\_\_
3. Where does evil reside? \_\_\_\_\_
4. Identify verses that speak about pride. \_\_\_\_\_  
\_\_\_\_\_
- What is the result of pride? (Daniel 5:20) \_\_\_\_\_
5. What do you think the impact on one’s life is if their heart is partially or fully dark?  
\_\_\_\_\_  
\_\_\_\_\_

## Goodness of the Heart

Before I finished praying in my heart, Rebekah came out... (Genesis 24:45)

...and his heart will be glad when he sees you. (Exodus 4:14)

...You are to receive the offering for me from each man whose heart prompts him to give. (Exodus 25:2)

...and everyone who was willing and whose heart moved him came and brought an offering to the Lord... (Exodus 35:21)

Love the Lord your God with all your heart and with all your soul and with all your strength. (Deuteronomy 6:5)

Hannah was praying in her heart... (1 Samuel 1:13)

Then Hannah prayed and said: "My heart rejoices in the LORD; in the LORD my horn is lifted high. My mouth boasts over my enemies, for I delight in your deliverance." (1 Samuel 2:1)

I will do what you have asked. I will give you a wise and discerning heart, so that there will never have been anyone like you, nor will there ever be. (1 Kings 3:12)

...They blessed the king and then went home, joyful and glad in heart for the good things the Lord had done for David and his people Israel. (1 Kings 8:66)

As for you, if you walk before me in integrity of heart and uprightness, as David your father did, and do all I command and observe my decrees and laws... (1 Kings 9:4)

Although he did not remove the high places, Asa's heart was fully committed to the Lord all his life. (1 Kings 15:14)

Because your heart was responsive... (2 Kings 22:19)

Neither before nor after Josiah was there a king like him who turned to the Lord as he did—with all his heart and with all his soul and with all his strength... (2 Kings 23:25)

...everyone whose heart God had moved... (Ezra 1:5)

...what God had put in my heart to do for Jerusalem... (Nehemiah 2:12)

You found his heart faithful to you... (Nehemiah 9:8)

I myself will see him with my own eyes—I, and not another. How my heart yearns within me! (Job 19:27)

...I made the widow's heart sing. (Job 29:13)

Who endowed the heart with wisdom or gave understanding to the mind? (Job 38:36)

You have filled my heart with greater joy... (Psalm 4:7)

But I trust in your unfailing love; my heart rejoices in your salvation. (Psalm 13:5)

...even at night my heart instructs me. (Psalm 16:7)

He who has clean hands and a pure heart (Psalm 24:4)

...my heart trusts in him, and I am helped. (Psalm 28:7)

My heart is stirred by a noble theme as I recite my verses for the king; my tongue is the pen of a skillful writer. (Psalm 45:1)

My heart is steadfast, O God, my heart is steadfast; I will sing and make music.  
(Psalm 57:7)

...let all the upright in heart praise him. (Psalm 64:10)

And David shepherded them with integrity of heart; with skillful hands he led them.  
(Psalm 78:72)

My soul yearns, even faints, for the courts of the Lord; my heart and my flesh cry  
out for the living God. (Psalm 84:2)

A heart at peace gives life to the body, but envy rots the bones. (Proverbs 14:30)

The discerning heart seeks knowledge, but the mouth of a fool feeds on folly.  
(Proverbs 15:14)

Come out, you daughters of Zion, and look at King Solomon wearing the crown,  
the crown with which his mother crowned him on the day of his wedding, the day  
his heart rejoiced. (Song of Songs 3:11)

Blessed are the pure in heart, for they will see God. (Matthew 5:8)

Take my yoke upon you and learn from me, for I am gentle and humble in heart,  
and you will find rest for your souls. (Matthew 11:29)

The good man brings good things out of the good stored up in his heart, and the  
evil man brings evil things out of the evil stored up in his heart. For out of the  
overflow of his heart his mouth speaks. (Luke 6:45)

But the seed on good soil stands for those with a noble and good heart, who hear  
the word, retain it, and by persevering produce a crop. (Luke 8:15)

Therefore my heart is glad and my tongue rejoices; my body also will live in hope...  
(Acts 2:26)

All the believers were one in heart and mind... (Acts 4:32)

God, whom I serve with my whole heart... (Romans 1:9)

...confess with your mouth...and believe in your heart... (Romans 10:9)

Each man should give what he has decided in his heart to give, not reluctantly or  
under compulsion, for God loves a cheerful giver. (2 Corinthians 9:7)

I pray also that the eyes of your heart may be enlightened... (Ephesians 1:18)

...Sing and make music in your heart to the Lord... (Ephesians 5:19)

Slaves, obey your earthly masters with respect and fear, and with sincerity of heart...  
(Ephesians 6:5)

Let us draw near to God with a sincere heart... (Hebrews 10:22)

...love one another deeply, from the heart. (1 Peter 1:22)

1. What impresses you about the goodness of the heart? \_\_\_\_\_  
\_\_\_\_\_
2. What affect does God have on the heart? (1 Kings 3:12; Ezra 1:5; Nehemiah 2:12; Job 38:36) \_\_\_\_\_
3. How do you see gladness and rejoicing as a part of the heart? (1 Kings 8:66; Psalm 4:7, 13:5; Ezekiel 4:14; Song of Songs 3:11; Acts 2:26) \_\_\_\_\_  
\_\_\_\_\_
4. For what does the heart yearn and cry out? (Psalms 84:2; Job 19:27) \_\_\_\_\_  
\_\_\_\_\_

## There is a War for the Heart

Let not my heart be drawn to what is evil, to take part in wicked deeds with men who are evildoers; let me not eat of their delicacies. (Psalm 141:4)

These people honor me with their lips, but their hearts are far from me. (Matthew 15:8)

Then Peter said, "Ananias, how is it that Satan has so filled your heart that you have lied to the Holy Spirit and have kept for yourself some of the money you received for the land?" (Acts 5:3)

Flee the evil desires of youth, and pursue righteousness, faith, love and peace, along with those who call on the Lord out of a pure heart. (2 Timothy 2:22)

1. The heart is a receptacle and it can store good, evil or both. What determines what is stored? \_\_\_\_\_
2. What does your heart store? \_\_\_\_\_
3. To what point are you prepared to store only good? \_\_\_\_\_  
\_\_\_\_\_

Be self-controlled and alert. Your enemy the devil prowls around like a roaring lion looking for someone to devour. (1 Peter 5:8)

4. The enemy is looking to devour and fill you with wickedness and evil, while the Lord desires a pure and devoted heart in loving Him with all. With whom are you cooperating and to what degree? \_\_\_\_\_  
\_\_\_\_\_

**Big Idea #2**—There is a war for your heart. Your heart yearns and cries out each day for satisfaction. Which will you choose?

## God Knows and Tests the Heart

Remember how the LORD your God led you all the way in the desert these forty years, to humble you and to test you in order to know what was in your heart, whether or not you would keep his commands. (Deuteronomy 8:2)

But the LORD said to Samuel, “Do not consider his appearance or his height, for I have rejected him. The LORD does not look at the things man looks at. Man looks at the outward appearance, but the LORD looks at the heart.” (1 Samuel 16:7)

...and when a prayer or plea is made by any of your people Israel, each one aware of the afflictions of his own heart, and spreading out his hands toward this temple... then hear from heaven, your dwelling place. Forgive and act; deal with each man according to all he does, since you know his heart (for you alone know the hearts of all men)... (1 Kings 8:38-39)

I know, my God, that you test the heart and are pleased with integrity. All these things have I given willingly and with honest intent. And now I have seen with joy how willingly your people who are here have given to you. (1 Chronicles 29:17)

...then hear from heaven, your dwelling place. Forgive, and deal with each man according to all he does, since you know his heart (for you alone know the hearts of men). (2 Chronicles 6:30)

But when envoys were sent by the rulers of Babylon to ask him about the miraculous sign that had occurred in the land, God left him to test him and to know everything that was in his heart. (2 Chronicles 32:31)

But this is what you concealed in your heart, and I know that this was in your mind... (Job 10:13)

...if I have concealed my sin as men do, by hiding my guilt in my heart... (Job 31:33)

Though you probe my heart and examine me at night, though you test me, you will find nothing; I have resolved that my mouth will not sin. (Psalm 17:3)

...would not God have discovered it, since he knows the secrets of the heart? (Psalm 44:21)

Search me, O God, and know my heart; test me and know my anxious thoughts. (Psalm 139:23)

If you say, “But we knew nothing about this,” does not he who weighs the heart perceive it? Does not he who guards your life know it? Will he not repay each person according to what he has done? (Proverbs 24:12)

But, O Lord Almighty, you who judge righteously and test the heart and mind, let me see your vengeance upon them, for to you I have committed my cause. (Jeremiah 11:20)

I the Lord search the heart and examine the mind, to reward a man according to his conduct according to what his deeds deserve. (Jeremiah 17:10)

O Lord Almighty, you who examine the righteous and probe the heart and mind, let me see your vengeance upon them, for to you I have committed my cause. (Jeremiah 20:12)

Then they prayed, “Lord, you know everyone’s heart. Show us which of these two you have chosen.” (Acts 1:24)

God, who knows the heart, showed that he accepted them by giving the Holy Spirit to them, just as he did to us. (Acts 15:8)

Therefore judge nothing before the appointed time; wait till the Lord comes. He will bring to light what is hidden in darkness and will expose the motives of men’s hearts. At that time each will receive his praise from God. (1 Corinthians 4:5)

...and the secrets of his heart will be laid bare. So he will fall down and worship God, exclaiming, “God is really among you!” (1 Corinthians 14:25)

1. What does it mean that the heart has secrets? \_\_\_\_\_  
\_\_\_\_\_
2. What is the impact of secrets? \_\_\_\_\_  
\_\_\_\_\_
3. What in the heart can be hidden from God? \_\_\_\_\_  
\_\_\_\_\_
4. If God knows the heart, then why is the heart tested? \_\_\_\_\_  
\_\_\_\_\_
5. How do we know what is going on in our hearts? \_\_\_\_\_  
\_\_\_\_\_

**Big Idea #3**—One must know their heart as God knows the heart, thus warmly embracing the testing.

Conclusion—It is not about the situation we are in. It is about what God is revealing in our hearts and/or how He is reaching out to others through us.

## What is Revealed by the Heart?

As water reflects a face, so a man's heart reflects the man. (Proverbs 27:19)

You brood of vipers, how can you who are evil say anything good? For out of the overflow of the heart the mouth speaks. (Matthew 12:34)

But the things that come out of the mouth come from the heart, and these make a man unclean. (Matthew 15:18)

For the word of God is living and active. Sharper than any double-edged sword, it penetrates even to dividing soul and spirit, joints and marrow; it judges the thoughts and attitudes of the heart. (Hebrews 4:12)

1. Consider what comes out of your mouth, what is going on in your heart?

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2. What is God revealing to you right now about your mouth? about your life?

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## How Our Choices Influence the Heart

### The Mind Feeds the Heart

The LORD said to Moses, "When you return to Egypt, see that you perform before Pharaoh all the wonders I have given you the power to do. But I will harden his heart so that he will not let the people go." (Exodus 4:21)

Do not hate your brother in your heart. Rebuke your neighbor frankly so you will not share in his guilt. (Leviticus 19:17)

Only be careful, and watch yourselves closely so that you do not forget the things your eyes have seen or let them slip from your heart as long as you live. Teach them to your children and to their children after them. (Deuteronomy 4:9)

But if from there you seek the LORD your God, you will find him if you look for him with all your heart and with all your soul. (Deuteronomy 4:29)

Love the LORD your God with all your heart and with all your soul and with all your strength. (Deuteronomy 6:5)

But if your heart turns away and you are not obedient, and if you are drawn away to bow down to other gods and worship them... (Deuteronomy 30:17)

But be very careful to keep the commandment and the law that Moses the servant of the LORD gave you: to love the LORD your God, to walk in all his ways, to obey his commands, to hold fast to him and to serve him with all your heart and all your soul. (Joshua 22:5)

Hannah was praying in her heart, and her lips were moving but her voice was not heard. Eli thought she was drunk... (1 Samuel 1:13)

Then Abner said to David, “Let me go at once and assemble all Israel for my lord the king, so that they may make a compact with you, and that you may rule over all that your heart desires.” So David sent Abner away, and he went in peace. (2 Samuel 3:21)

...and if they have a change of heart in the land where they are held captive, and repent and plead with you in the land of their conquerors and say, “We have sinned, we have done wrong, we have acted wickedly”... and if they turn back to you with all their heart and soul in the land of their enemies who took them captive, and pray to you toward the land you gave their fathers, toward the city you have chosen and the temple I have built for your Name. (1 Kings 8:47-48)

As Solomon grew old, his wives turned his heart after other gods, and his heart was not fully devoted to the LORD his God, as the heart of David his father had been. (1 Kings 11:4)

He committed all the sins his father had done before him; his heart was not fully devoted to the LORD his God, as the heart of David his forefather had been. (1 Kings 15:3)

Although he did not remove the high places, Asa’s heart was fully committed to the LORD all his life. (1 Kings 15:14)

Because your heart was responsive and you humbled yourself before the LORD when you heard what I have spoken against this place and its people, that they would become accursed and laid waste, and because you tore your robes and wept in my presence, I have heard you, declares the LORD. (2 Kings 22:19)

Neither before nor after Josiah was there a king like him who turned to the LORD as he did—with all his heart and with all his soul and with all his strength, in accordance with all the Law of Moses. (2 Kings 23:25)

Now devote your heart and soul to seeking the LORD your God. Begin to build the sanctuary of the LORD God, so that you may bring the ark of the covenant of the LORD and the sacred articles belonging to God into the temple that will be built for the Name of the LORD. (1 Chronicles 22:19)

And you, my son Solomon, acknowledge the God of your father, and serve him with wholehearted devotion and with a winning mind, for the LORD searches every heart and understands every motive behind the thoughts. If you seek him, he will be found by you; but if you forsake him, he will reject you forever. (1 Chronicles 28:9)

...and if they have a change of heart in the land where they are held captive, and repent and plead with you in the land of their captivity and say, “We have sinned, we have done wrong and acted wickedly,” and if they turn back to you with all their

heart and soul in the land of their captivity where they were taken, and pray toward the land you gave their fathers, toward the city you have chosen and toward the temple I have built for your Name... (2 Chronicles 6:37-38)

He did evil because he had not set his heart on seeking the LORD. (2 Chronicles 12:14)

Then Hezekiah repented of the pride of his heart, as did the people of Jerusalem; therefore the LORD's wrath did not come upon them during the days of Hezekiah. (2 Chronicles 32:26)

In the first year of Cyrus king of Persia, in order to fulfill the word of the LORD spoken by Jeremiah, the LORD moved the heart of Cyrus king of Persia to make a proclamation throughout his realm and to put it in writing: (Ezra 1:1)

The godless in heart harbor resentment; even when he fetters them, they do not cry for help. (Job 36:13)

My heart says of you, "Seek his face!" Your face, LORD, I will seek. (Psalm 27:8)

I do not hide your righteousness in my heart; I speak of your faithfulness and salvation. I do not conceal your love and your truth from the great assembly. (Psalm 40:10)

If I had cherished sin in my heart, the Lord would not have listened... (Psalm 66:18)

Scorn has broken my heart and has left me helpless; I looked for sympathy, but there was none, for comforters, but I found none. (Psalm 69:20)

Blessed are those whose strength is in you, who have set their hearts on pilgrimage. (Psalm 84:5)

I have hidden your word in my heart that I might not sin against you. (Psalm 119:11)

My son, do not forget my teaching, but keep my commands in your heart... (Proverbs 3:1)

Trust in the Lord with all your heart and lean not on your own understanding; in all your ways acknowledge him, and he will make your paths straight. (Proverbs 3:5-6)

Above all else, guard your heart, for it is the wellspring of life. (Proverbs 4:23)

Do not lust in your heart after her beauty or let her captivate you with her eyes... (Proverbs 6:25)

Before his downfall a man's heart is proud, but humility comes before honor. (Proverbs 18:12)

...for he is the kind of man who is always thinking about the cost. "Eat and drink," he says to you, but his heart is not with you. (Proverbs 23:7)

Do not let your heart envy sinners, but always be zealous for the fear of the LORD.  
(Proverbs 23:17)

Extortion turns a wise man into a fool, and a bribe corrupts the heart. (Ecclesiastes 7:7)

Be happy, young man, while you are young, and let your heart give you joy in the days of your youth. Follow the ways of your heart and whatever your eyes see, but know that for all these things God will bring you to judgment. (Ecclesiastes 11:9)

Make the heart of this people calloused; make their ears dull and close their eyes. Otherwise they might see with their eyes, hear with their ears, understand with their hearts, and turn and be healed. (Isaiah 6:10)

This is what the LORD says: “Cursed is the one who trusts in man, who depends on flesh for his strength and whose heart turns away from the LORD.” (Jeremiah 17:5)

You will seek me and find me when you seek me with all your heart. (Jeremiah 29:13)

Do not store up for yourselves treasures on earth, where moth and rust destroy, and where thieves break in and steal. But store up for yourselves treasures in heaven, where moth and rust do not destroy, and where thieves do not break in and steal. For where your treasure is, there your heart will be also. (Matthew 6:19-21)

These people honor me with their lips, but their hearts are far from me.  
(Matthew 15:8)

For out of the heart come evil thoughts, murder, adultery, sexual immorality, theft, false testimony, slander. (Matthew 15:19)

Jesus replied, “Love the Lord your God with all your heart and with all your soul and with all your mind.” (Matthew 22:37)

But the seed on good soil stands for those with a noble and good heart, who hear the word, retain it, and by persevering produce a crop. (Luke 8:15)

He answered: “Love the Lord your God with all your heart and with all your soul and with all your strength and with all your mind; and, Love your neighbor as yourself.” (Luke 10:27)

For where your treasure is, there your heart will be also. (Luke 12:34)

All the believers were one in heart and mind. No one claimed that any of his possessions was his own, but they shared everything they had. (Acts 4:32)

You have no part or share in this ministry, because your heart is not right before God. Repent of this wickedness and pray to the Lord. Perhaps he will forgive you for having such a thought in your heart. (Acts 8:21-22)

God, whom I serve with my whole heart in preaching the gospel of his Son, is my witness how constantly I remember you. (Romans 1:9)

But because of your stubbornness and your unrepentant heart, you are storing up wrath against yourself for the day of God's wrath, when his righteous judgment will be revealed. (Romans 2:5)

Speak to one another with psalms, hymns and spiritual songs. Sing and make music in your heart to the Lord... (Ephesians 5:19)

Obeys them not only to win their favor when their eye is on you, but like slaves of Christ, doing the will of God from your heart. (Ephesians 6:6)

My purpose is that they may be encouraged in heart and united in love, so that they may have the full riches of complete understanding, in order that they may know the mystery of God, namely, Christ... (Colossians 2:2)

Since, then, you have been raised with Christ, set your hearts on things above, where Christ is seated at the right hand of God. Set your minds on things above, not on earthly things. (Colossians 3:1-2)

Whatever you do, work at it with all your heart, as working for the Lord, not for men. (Colossians 3:23)

Here is a trustworthy saying: If anyone sets his heart on being an overseer, he desires a noble task. (1 Timothy 3:1)

I do wish, brother, that I may have some benefit from you in the Lord; refresh my heart in Christ. (Philemon 1:20)

See to it, brothers, that none of you has a sinful, unbelieving heart that turns away from the living God. (Hebrews 3:12)

For the word of God is living and active. Sharper than any double-edged sword, it penetrates even to dividing soul and spirit, joints and marrow; it judges the thoughts and attitudes of the heart. (Hebrews 4:12)

Let us draw near to God with a sincere heart in full assurance of faith, having our hearts sprinkled to cleanse us from a guilty conscience and having our bodies washed with pure water. (Hebrews 10:22)

Now that you have purified yourselves by obeying the truth so that you have sincere love for your brothers, love one another deeply, from the heart. (1 Peter 1:22)

Blessed is the one who reads the words of this prophecy, and blessed are those who hear it and take to heart what is written in it, because the time is near. (Revelation 1:3)

1. How is the heart influenced by God? (Ezra 1:5, 7:27; Nehemiah 2:12, 7:5; Job 23:16; Psalm 21:2; Acts 1:24, 15:8) \_\_\_\_\_  
\_\_\_\_\_

How is the heart influenced by Satan? (Genesis 3; Psalm 51:4, 58:2; Acts 5:3)

How is the heart influenced by men and self? (Joshua 1:8; 1 Kings 11:4; Job 22:22; Colossians 3:1-2) \_\_\_\_\_

2. Who is influencing your heart? \_\_\_\_\_
3. Mark the verses that speak about “all,” “wholehearted,” and “devotion.” Why are these concepts important to God? (Matthew 6:24) \_\_\_\_\_

**Big Idea #4**—God is wholehearted toward you and you are called to be wholehearted toward Him.

4. What or who is influencing your heart on a day by day basis? \_\_\_\_\_  
How? \_\_\_\_\_
5. How can you take more leadership of your heart? \_\_\_\_\_
6. How does one set their heart? \_\_\_\_\_  
What would happen? How would your life be different? \_\_\_\_\_

## Pure Heart

He who has clean hands and a pure heart, who does not lift up his soul to an idol or swear by what is false. (Psalm 24:4)

Create in me a pure heart, O God, and renew a steadfast spirit within me. (Psalm 51:10)

The sacrifices of God are a broken spirit; a broken and contrite heart, O God, you will not despise. (Psalm 51:17)

He who loves a pure heart and whose speech is gracious will have the king for his friend. (Proverbs 22:11)

Rend your heart and not your garments. Return to the LORD your God, for he is gracious and compassionate, slow to anger and abounding in love, and he relents from sending calamity. (Joel 2:13)

Blessed are the pure in heart, for they will see God. (Matthew 5:8)

He made no distinction between us and them, for he purified their hearts by faith. (Acts 15:9-10)

The goal of this command is love, which comes from a pure heart and a good conscience and a sincere faith. (1 Timothy 1:5)

...flee the evil desires of youth, and pursue righteousness, faith, love and peace, along with those who call on the Lord out of a pure heart. (2 Timothy 2:22)

Now that you have purified yourselves by obeying the truth so that you have sincere love for your brothers, love one another deeply, from the heart. (1 Peter 1:22-23)

**Big Idea #5**—In order to have a pure heart, one must discover it through God’s revelation and be desperate for forgiveness and healing.

What is your part and what is God’s part in having a pure heart? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Record all the previous Big Ideas:

Big Idea #1 \_\_\_\_\_  
\_\_\_\_\_

Big Idea #2 \_\_\_\_\_  
\_\_\_\_\_

Big Idea #3 \_\_\_\_\_  
\_\_\_\_\_

Big Idea #4 \_\_\_\_\_  
\_\_\_\_\_

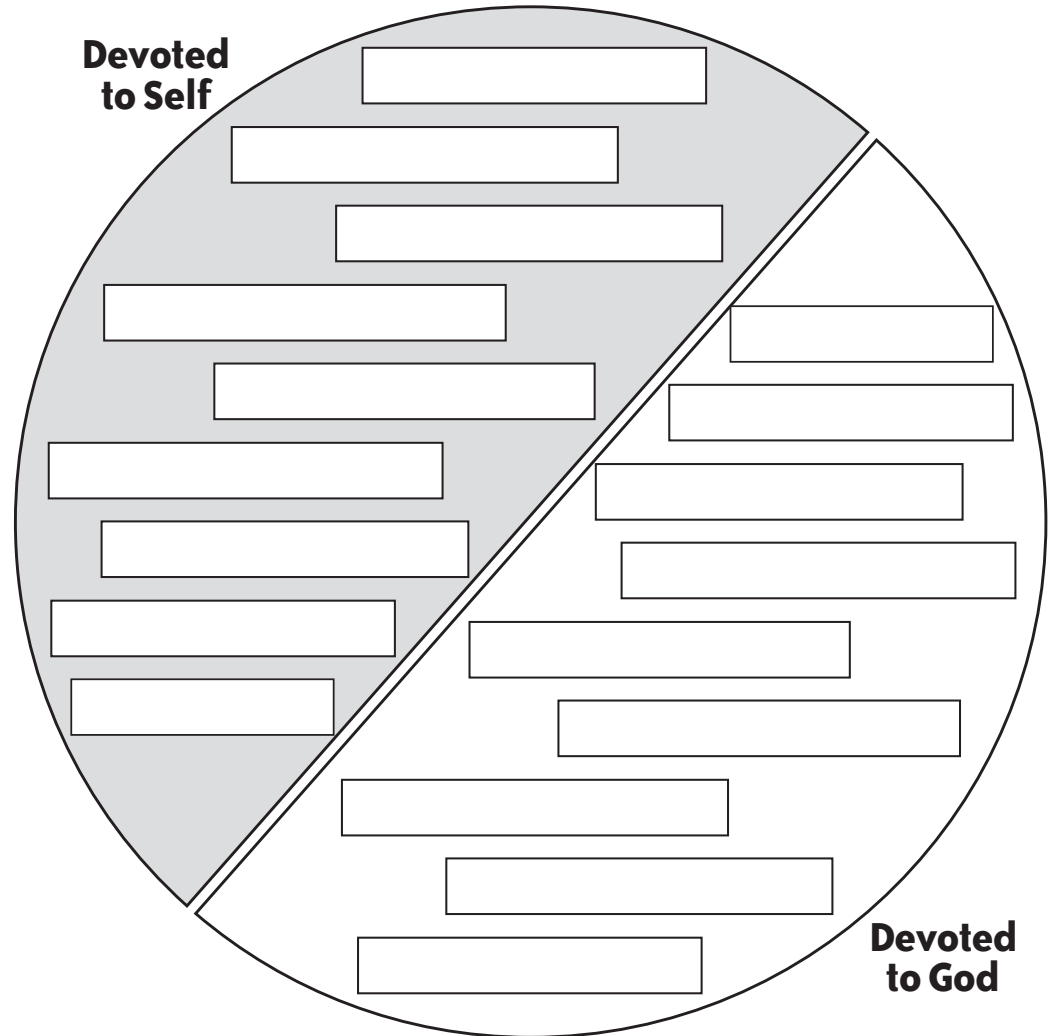
Big Idea #5 \_\_\_\_\_  
\_\_\_\_\_

**Big Idea #6**—The Heart Descriptions helped us see the multiple ways the heart is strategic to all of life—the center of everything good and evil. *Nothing truly changes in our lives without the heart changing.*

## Heart Lab #9

### Discovering Your Heart's Condition

Review the Heart Descriptions that you recorded in the margin and choose words that show both your devotion to self and devotion to God. Write these words in the appropriate places on the diagram below.



### Journal Response

Use your journal to reflect on what you've learned about the areas devoted to self and to God.

# Exploring the Wound of Loss/Grief

We are using *Heart Lab #5: Your Lifeline* (page 46) to explore the various issues of our wounds: deceit/masks, shame, fear, anger, loss/grief, and bitterness. The next wound to explore is loss/grief. Review the events from your lifeline. Reflect on the statements and questions below to help you process your feelings of loss/grief.

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## Heart Lab #10

### Healing the Wound of Loss/Grief

Isaiah 61 proclaims that Jesus has come to heal our broken hearts and set the captives free. This Heart Lab helps you pull together your thoughts on the wound of loss/grief.

1. When have you experienced loss?

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2. Were you able to express grief and go through the healing process associated with grief? Explain.

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3. What wounds do you carry from unresolved loss or grief?

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4. Some losses we suffer are still with us. Is there a person or place where your loss occurred that you refuse to go back to? Could this be a sign that bitterness may also be involved? If so, see the bitterness explanation (page 122) as you process this wound.

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5. Do you have someone close to you that you could share this wound with? If so, are you willing to do this? Why or why not?

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6. How has Satan used unresolved loss or grief in your life and what impact has this had?

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7. Define a *theme(s)* or the core issue of the wound. What lies beneath the wound?

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8. Define the *lie*. Satan wants you to believe that your wound will never be resolved. So he causes you to believe a lie that deceives the heart. What is the lie you are believing?

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9. Define your *self-protective strategies*. These are reactions or thought patterns used to protect our hearts from any more pain. What self-protective strategies have you used?

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10. All of the above techniques led to *making a vow* by which you have lived your life. What vow have you made?

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11. What is it that you hate about this loss/grief and the impact it has had on your life?

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12. As you reflect on your loss or grief, remember Jesus can heal your pain. Jesus wept at the grave of Lazarus, his friend (John 11:35). Are you ready for Jesus to heal this in your life? If so, picture the wound. Can you feel the pain? Where do you feel it in your body?

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13. Ask Jesus into that painful place. Ask Him to heal the pain. Wait on Him. What happened? Are you cleared of it?

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14. Rejoice in what God is doing. Record it here.

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### Journal Response

Continue to record your reflections on how loss/grief has wounded you, and how God is helping you understand and is freeing you from Satan's lies. Pray about what God has revealed to you about loss/grief you have experienced.

# What Can We Learn from the Hearts of Biblical Characters?

This next activity will look at Moses' heart devotion to God, and contrast it with David and Solomon's hearts throughout their lifetimes.

## Moses' Heart

Read Numbers 12:1-8.

1. How does God describe Moses? \_\_\_\_\_  
\_\_\_\_\_

Read Numbers 20:1-13.

2. What did God tell Moses to do? \_\_\_\_\_
3. How did Moses respond? \_\_\_\_\_

Read Deuteronomy 32:48-52 and 34:4.

4. What punishment did God give Moses? \_\_\_\_\_  
\_\_\_\_\_

Read Hebrews 11:24-29.

5. What does this reveal about Moses' heart? \_\_\_\_\_  
\_\_\_\_\_

Read Deuteronomy 34:10-12 and Hebrews 11:24-29

Although Moses sinned by striking the rock when God had told him to speak to it, he is clearly seen to be a man whose heart was solidly committed to God.

## Heart Story The Unveiled Heart

Ed was a successful businessman in Denver and leader in his church. He has a quality family and lovely wife. As he engaged in HT he was making progress, rocks were being dealt with in his heart. In fact, he had finished the process and was motivated to go on a mission trip to share HT in an African country. It was while he was sharing and leading at the conference that he saw a new level of transparency in his small group. What was revealed was the difficulty with which these Africans lived and the wounds they endured from genocide. He saw their lack of clean water and shortness of food. He saw their passion for the Lord, and how their physical needs did not affect their spiritual health. They were not measuring their spiritual life by their level of success in the business world, family perfection, or positions of influence. He came back to the U.S. and was

## Session 5 Assignment

1. Read Chapter 3, pages 89-102, and complete the exercises.
2. Complete Heart Labs #11-13.
3. Memorize 1 Corinthians 3:14-15.
4. Journal—Based on the biblical examples, how is your heart displaying godly desires each day?
4. Record your Overcomer Plan in your calendar.

Additional reading—*The Process of Transforming* (page 199) and *Hindrances and Barriers/Satan's Attack* (page 199).

## Pilgrim Guide

The Lesson Plan for Session 5 is on page 33 of the *Leader's Guide*.

depressed because he saw that he measured his life by comfort and success and paired it with striving to have quality in his spiritual life. He recognized his heart was divided. His depression moved him to recognizing his selfishness and segmentation in his life. He repented. He changed the definition of his purpose in life to loving the Lord and living for His kingdom.

## Solomon and David's Heart Compared

In this biblical example, notice the differences between David's and Solomon's hearts. Notice the desires of success between Ed's example in the above story and Solomon's life. Read Psalm 86:10-11.

1. What does David ask God for? \_\_\_\_\_  
\_\_\_\_\_

Read 1 Chronicles 28:9.

2. What was David's charge to Solomon? \_\_\_\_\_  
\_\_\_\_\_

Read 1 Chronicles 29:18-19.

3. What was David's request on behalf of his son, Solomon, and the people? \_\_\_\_\_  
\_\_\_\_\_

Read 1 Kings 9:4-5.

4. What did God desire from Solomon? \_\_\_\_\_  
\_\_\_\_\_

Read 1 Kings 8:61.

5. What did Solomon say about the heart? \_\_\_\_\_  
\_\_\_\_\_

Read 1 Kings 3:5, 9.

6. What is the difference between Solomon's request and David's? (1 Chronicles 29:19) \_\_\_\_\_  
\_\_\_\_\_

Although Solomon asked for wisdom and God rewarded him with more wisdom than any other person before or since, Solomon did not follow God. In the chart below, underline God's commands given to Moses for a future king over Israel. Contrast that by underlining Solomon's actions that show his disobedience.

God's Command	Solomon's Actions
<p>Deuteronomy 17:18-20</p> <p>When he takes the throne of his kingdom, he is to write for himself on a scroll a copy of this law, taken from that of the priests, who are Levites. It is to be with him, and he is to read it all the days of his life so that he may learn to revere the LORD his God and follow carefully all the words of this law and these decrees and not consider himself better than his brothers and turn from the law to the right or to the left. Then he and his descendants will reign a long time over his kingdom in Israel.</p>	<p>1 Kings 10:18-20</p> <p>Then the king made a great throne inlaid with ivory and overlaid with fine gold. The throne had six steps, and its back had a rounded top. On both sides of the seat were armrests, with a lion standing beside each of them. Twelve lions stood on the six steps, one at either end of each step. Nothing like it had ever been made for any other kingdom.</p>
<p>Deuteronomy 17:17b</p> <p>He must not accumulate large amounts of silver and gold.</p>	<p>1 Kings 10:21</p> <p>All King Solomon's goblets were gold, and all the household articles in the Palace of the Forest of Lebanon were pure gold. Nothing was made of silver, because silver was considered of little value in Solomon's days.</p>
<p>Deuteronomy 17:16</p> <p>The king, moreover, must not acquire great numbers of horses for himself or make the people return to Egypt to get more of them, for the LORD has told you, "You are not to go back that way again."</p>	<p>1 Kings 10:26, 28a</p> <p>Solomon accumulated chariots and horses; he had fourteen hundred chariots and twelve thousand horses, which he kept in the chariot cities and also with him in Jerusalem. Solomon's horses were imported from Egypt.</p>
<p>Deuteronomy 17:17a</p> <p>He must not take many wives, or his heart will be led astray.</p>	<p>1 Kings 11:1-4</p> <p>King Solomon, however, loved many foreign women besides Pharaoh's daughter— Moabites, Ammonites, Edomites, Sidonians and Hittites. They were from nations about which the LORD had told the Israelites, "You must not intermarry with them, because they will surely turn your hearts after their gods." Nevertheless, Solomon held fast to them in love. He had seven hundred wives of royal birth and three hundred concubines, and his wives led him astray. As Solomon grew old, his wives turned his heart after other gods, and his heart was not fully devoted to the LORD his God, as the heart of David his father had been.</p>

Notice how David and Solomon responded to sin in their lives. Read 2 Samuel 12:13 and 1 Kings 11:6, 9-10.

7. How did each man respond to his sin? \_\_\_\_\_  
\_\_\_\_\_

8. How did David's focus in life contrast with Solomon's focus? \_\_\_\_\_  
\_\_\_\_\_

God declared that David was a man who "completely followed" Him. As in the case of Moses, this did not mean being sinless, but having a heart fully committed to God. As you have already read (when exploring the Heart verses), the 20 kings of Israel (the Northern Kingdom) did evil in the eyes of the Lord. In Judah (the Southern Kingdom) there were also 20 kings: 12 did evil and eight were wholehearted, or devoted, in the eyes of the Lord. To the degree the kings did what was right and followed the Lord was the degree to which the Lord was able to bless the nation and their reigns were prosperous.

Note your observations on these kings.

Ahaz, King of Judah (2 Chronicles 28; 2 Kings 16) \_\_\_\_\_  
\_\_\_\_\_

Ahaziah, King of Israel (1 Kings 22:51-53) \_\_\_\_\_  
\_\_\_\_\_

Hezekiah, King of Judah (Isaiah 38:3; 2 Kings 20:3; 2 Chronicles 31:20-21)  
\_\_\_\_\_  
\_\_\_\_\_

Look again at David's charge to his son, Solomon (1 Chronicles 28:9).

9. What was David's epitaph? (Acts 13:22) \_\_\_\_\_  
\_\_\_\_\_

10. What was Solomon's epitaph? (1 Kings 11:6) \_\_\_\_\_  
\_\_\_\_\_

11. What do you think God sees in your heart? \_\_\_\_\_  
\_\_\_\_\_

12. How divided or whole is your heart? \_\_\_\_\_  
\_\_\_\_\_

These biblical characters give us contrasting examples of undivided or wholehearted hearts. Look at some Scriptures that encourage wholehearted devotion from the New Testament.

### **Journal Response**

- Based on the biblical examples, how is your heart displaying godly desires each day?

## Transformed versus Transferred Heart

James 4:1-6 gives us an example of two types of devotion. Read the passage below and circle all the words that could relate to the heart. In the second column, record how the circled words relate to your heart and life.

Circle all the words in this passage that could relate to the heart.	How do these words relate to your heart?
<p>What causes fights and quarrels among you? Don't they come from your desires that battle within you? You want something but don't get it. You kill and covet, but you cannot have what you want. You quarrel and fight. You do not have, because you do not ask God. When you ask, you do not receive, because you ask with wrong motives, that you may spend what you get on your pleasures.</p> <p>You adulterous people, don't you know that friendship with the world is hatred toward God? Anyone who chooses to be a friend of the world becomes an enemy of God. Or do you think Scripture says without reason that the spirit he caused to live in us envies intensely? But he gives us more grace.</p> <p>That is why Scripture says: "God opposes the proud but gives grace to the humble."</p> <p>James 4:1-6</p>	

This Scripture gives us such a great illustration of a "Transferred Heart" versus a "Transformed Heart"! The transferred heart simply takes all the worldly hopes, desires and expectations (power, influence, wealth) and transfers them into his Christian life. They now have a different label but the heart has not really changed, only the outside behaviors have changed. For example, someone who wants success and influence in the world may throw himself into being a Bible study leader but when he is not honored or does not see the results expected, he is disillusioned that something is wrong. The heart still desires results of success and influence and is measuring things in earthly terms: desiring acceptance and recognition from man not solely from God. If the heart is transformed, it will only desire to follow Christ, please Him, and serve Him, no matter what the outcome is. The motivation of our hearts, wholehearted devotion, is up to us. The fruit is up to Christ!

## Journal Response

- How do you see the motivation of a transferred heart in your daily life?
- How do respond when your earthly expectations are not met?
- How do you see a transforming heart in your life?

## Exploring the Wound of Anger

We are using *Heart Lab #5: Your Lifeline* (page 46) to explore the various issues of our wounds: deceit/masks, shame, fear, anger, loss/grief, and bitterness. The next wound to explore is anger. Review the events from your lifeline. Reflect on the statements and questions below to help you process your feelings of anger.

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### Heart Lab #11

### Healing the Wound of Anger

Isaiah 61 proclaims that Jesus has come to heal our broken hearts and set the captives free. This Heart Lab helps you pull together your thoughts on the wound of anger.

1. Why do you have angry feelings?

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2. Do you stuff your anger or respond in rage?

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3. How do you bury your anger?

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4. As you think of situations, can you feel that anger again?

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5. How has Satan used anger in your life and what impact does it continue to have?

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6. Define a *theme(s)* or the core issue of the wound. What lies beneath the wound?

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7. Define the *lie*. Satan wants you to believe that your wound will never be resolved. So he causes you to believe a lie that deceives the heart. What is the lie you are believing?

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8. Define your *self-protective strategies*. These are reactions or thought patterns used to protect our hearts from any more pain. What self-protective strategies have you used?

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9. All of the above techniques led to *making a vow* by which you have lived your life. What vow have you made?

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10. What is it that you hate about this anger and the impact it has had on your life?

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11. Are you ready for Jesus to heal this in your life? If so, picture the wound. Can you feel the pain? Where do you feel it in your body?

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12. Ask Jesus into that painful place. Ask Him to heal the pain. Wait on Him. What happened? Are you cleared of it?

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13. Rejoice in what God is doing. Record it here.

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## Journal Response

Continue to record your reflections on how anger has wounded you, and how God is helping you understand and is freeing you from Satan's lies. Pray about what God has revealed to you about anger you have experienced.

## Descriptive Words About the Heart

love

# What Wholehearted Devotion Looks Like in the New Testament

*Wholehearted: perfect, complete, full in a friendly sense.*

Read the following Scriptures. Underline the words that encourage wholehearted devotion to God and record them in the margin.

**Example:** Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength. The second is this: Love your neighbor as yourself. There is no commandment greater than these. (Mark 12:30-31)

Ask and it will be given to you; seek and you will find; knock and the door will be opened to you. For everyone who asks receives; he who seeks finds; and to him who knocks, the door will be opened. (Matthew 7:7-8)

I am the vine; you are the branches. If a man remains in me and I in him, he will bear much fruit; apart from me you can do nothing. (John 15:5)

Therefore, I urge you, brothers, in view of God's mercy, to offer your bodies as living sacrifices, holy and pleasing to God—this is your spiritual act of worship. Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will. (Romans 12:1-2)

So I say, live by the Spirit, and you will not gratify the desires of the sinful nature. (Galatians 5:16)

Be imitators of God, therefore, as dearly loved children. (Ephesians 5:1)

I want to know Christ and the power of his resurrection and the fellowship of sharing in his sufferings, becoming like him in his death (Philippians 3:10)

Be joyful always;... (1 Thessalonians 5:16)

But you, man of God, flee from all this, and pursue righteousness, godliness, faith, love, endurance and gentleness. Fight the good fight of the faith. Take hold of the eternal life to which you were called when you made your good confession in the presence of many witnesses. In the sight of God, who gives life to everything, and of Christ Jesus, who while testifying before Pontius Pilate made the good confession, I charge you to keep this command without spot or blame until the appearing of our Lord Jesus Christ... (1 Timothy 6:11-14)

This is a trustworthy saying. And I want you to stress these things, so that those who have trusted in God may be careful to devote themselves to doing what is good.

These things are excellent and profitable for everyone. (Titus 3:8)

Let us hold unswervingly to the hope we profess, for he who promised is faithful. And let us consider how we may spur one another on toward love and good deeds. Let us not give up meeting together, as some are in the habit of doing, but let us encourage one another—and all the more as you see the day approaching. (Hebrews 10:23-25)

Now faith is being sure of what we hope for and certain of what we do not see... All these people were still living by faith when they died. They did not receive the things promised; they only saw them and welcomed them from a distance. And they admitted that they were aliens and strangers on earth. (Hebrews 11:1-3, 13)

Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles, and let us run with perseverance the race marked out for us. Let us fix our eyes on Jesus, the author and perfecter of our faith, who for the joy set before him endured the cross, scorning its shame, that you will not grow weary and lose heart. (Hebrews 12:1-3)

Consider it pure joy, my brothers, whenever you face trials of many kinds, because you know that the testing of your faith develops perseverance. Perseverance must finish its work so that you may be mature and complete, not lacking anything... Blessed is the man who perseveres under trial, because when he has stood the test, he will receive the crown of life that God has promised to those who love him. (James 1:2-4, 12)

Therefore, prepare your minds for action; be self-controlled; set your hope fully on the grace to be given you when Jesus Christ is revealed. As obedient children, do not conform to the evil desires you had when you lived in ignorance. But just as he who called you is holy, so be holy in all you do; for it is written: "Be holy, because I am holy." (1 Peter 1:13-16)

But in your hearts set apart Christ as Lord. Always be prepared to give an answer to everyone who asks you to give the reason for the hope that you have. But do this with gentleness and respect (1 Peter 3:15)

Therefore, since Christ suffered in his body, arm yourselves also with the same attitude, because he who has suffered in his body is done with sin. As a result, he does not live the rest of his earthly life for evil human desires, but rather for the will of God. (1 Peter 4:1-2)

Whoever claims to live in him must walk as Jesus did. (1 John 2:6)

1. Why does God desire wholehearted devotion? \_\_\_\_\_  
\_\_\_\_\_

2. As a result of looking at these verses, would you identify yourself as being fully devoted to God? Why or why not? \_\_\_\_\_  
\_\_\_\_\_
3. How do you see our culture encouraging or distracting us from this focus of full devotion? \_\_\_\_\_  
\_\_\_\_\_
4. Is the remedy one of a commitment of performance or commitment of relationship? \_\_\_\_\_  
\_\_\_\_\_
5. In your own words, what do you think your theology ought to be to succeed in being wholehearted? \_\_\_\_\_  
\_\_\_\_\_
6. What is the Holy Spirit speaking to your heart? \_\_\_\_\_  
\_\_\_\_\_

The above exercise helps us see where our hearts are divided or how we struggle with living wholehearted lives. Earlier we saw how Solomon's heart was set more on pleasing himself than on obeying God. If we are honest with ourselves, we often live the same way.

Let us expand what we are discovering about hearts. This will be our first opportunity to see what our hearts yearn for. It is important to be completely honest with ourselves as we respond to these questions. Look for how we often fool ourselves by doing the right things, but with the wrong heart motives. We may think we are loving and serving God, but when outcomes do not meet with our human expectations we have a tendency to think there is something wrong with us, or with God.

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## Heart Lab #12

### Discovering Your Heart, Part 1

Answer the questions below. You may be tempted to answer the questions with responses that show where you want to be, rather than where you actually are. It is important to be honest with your current condition. Be sure to block out enough time to reflect on your answers. Pray and ask God to reveal your true heart during this exercise.

1. How do you know you have a passion for something, a heart that yearns?

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2. On what do you invest the majority of your discretionary time?

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3. On what do you spend your money?

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4. On what is the majority of your thought life spent?

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5. What dreams and goals would you be disappointed in not achieving?

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6. What do you thirst and long for the most?

Tangible

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Intangible

---

7. What things do you struggle with that keep you from yearning for what you should?

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8. For what do you want your heart to yearn?

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Why doesn't it yearn for it now?

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9. What is your plan to get your heart on track with what you want it to be impassioned?

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Why should your heart be so impassioned?

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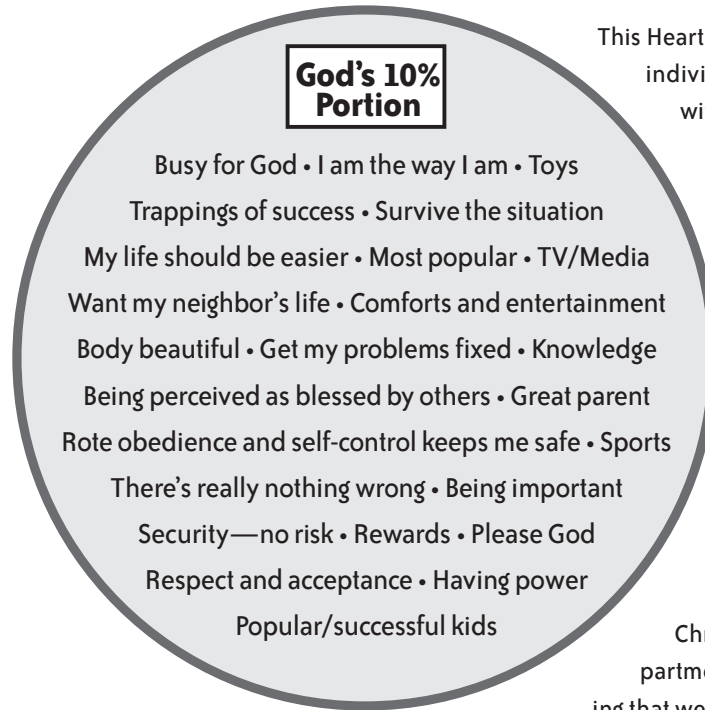
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We will revisit these questions in the repentance stage of the Heart Transformation process. Between now and then, ✍️ journal on what God is revealing in your heart.

## Heart Lab #13

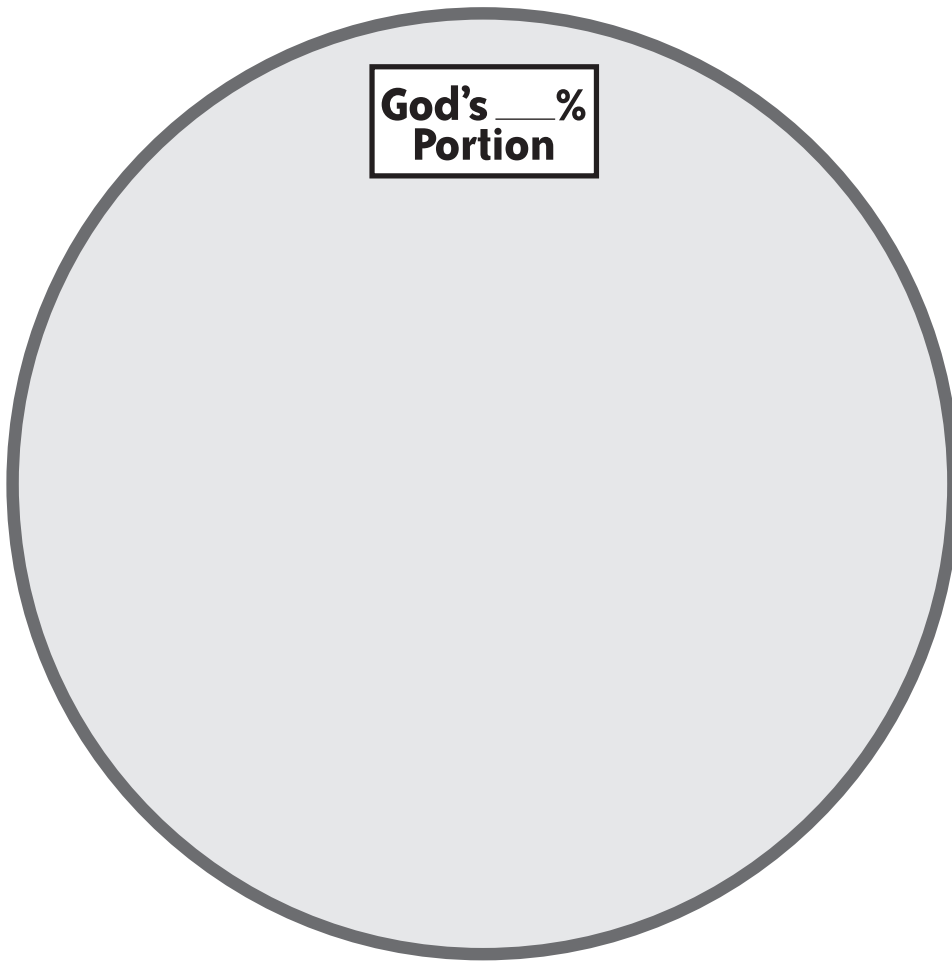
### Heart Treasures



This Heart Treasures circle represents an individual and how he fills his heart with things he loves—earthly things that give short-term satisfaction. Notice the box at the top. This is the percentage that is given to God. Let us use a tithe as a starting point to illustrate the problem with our hearts. We give a tithe to God that is ten percent of our income. That leaves the rest, or 90 percent, for us. When we do this, we are often labeled a mature or spiritual Christian. That easily leads to compartmentalizing our lives and concluding that we only need to tithe, or give ten percent of everything else as well. This leaves a lot

of room, 90 percent in our circle illustration, to fill with self's desires. It may include doing things for God, but with the wrong motives, thus living with a transferred heart rather than a transformed heart.

Honestly estimate how much you give (in everything) to God and write that percentage in the small box in the circle on the facing page. Then write the things in the circle that truly reveal your heart treasures. Examples could include having a nice house, a new car, or toys or other comfort items. They could be things that pertain to your perceived reputation with your friends at church or co-workers, or how your children are doing as a reflection of your parenting skills. Other areas could be the things you do for God but have selfish motives. Refer to your previous responses in this chapter as needed.



God's \_\_\_%  
Portion

1. Which heart treasures are of the greatest concern?

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2. Why do you love these things?

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3. What does God want you to do about them?

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4. What lies have you believed about them? What vows have you made concerning them?

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5. What healing does God want to give in regard to these things you treasure?

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## The Truth of the Heart Conclusion

### Making Room

The activities in this chapter helped give you an understanding of how the heart—your heart—is the strategic center of your life. Both biblical passages about the heart and the lives of biblical characters gave examples of how the divided heart chooses to follow self (and/or God), and the consequences of these choices. Let us look at a simple object lesson that concludes this phase of the Heart Transformation process, and leads to the next step, trusting God.

Get two identical glasses. Fill one with water. Fill the second with as many rocks as will fit inside. Then pour the water from the first glass into the rock-filled glass until it is full.

How much water from the first glass fit into the second glass? This simple illustration shows what happens when we fill our lives with the things we want—rocks that crowd out the living water Jesus gives us (John 4).

When Jesus was speaking to the Jews who had believed Him (John 8:31), He said in verse 37, “You are ready to kill me, because *you have no room for my word*” (emphasis added). The issue seems to be, “Is there room in my heart for His presence? Have I cluttered up my heart with so many old, useless things that I have no room for the real treasures the Lord is offering?” These people were following him, believing him, but their weakness was their inability to receive his words, because their hearts were too full of themselves, their rules, and their treasures.

In the same Scripture, Jesus says (verse 36), “If the Son sets you free, you will be free indeed.” Would it not be great to have our hearts ready by cleaning out all the old rules, all the false confidences in self, and all the judgments of others? Then when the Lord comes to us with his Word, deals with our “rocks” and offers us freedom, our hearts will have room.

This example is both an illustration and a simple way to identify the things in our lives—our rocks—that keep us from having transformed hearts. Throughout the Heart Transformation process, we will refer to the areas in our lives that need heart “surgery” as our “rocks.” Once we have identified the rocks in our hearts, we need to move to a place of trusting God to remove them. That is the focus of the next chapter. Our tendency is to be burdened by the rocks being revealed in our hearts. Do not allow that to happen. Focus on the healing you are receiving and rejoice. You are being set free and empowered.

# Chapter 4

# Trusting God

## Preview

This chapter explores the process of trusting God with all the things in our hearts. We will begin by looking at words and phrases that reveal what comes from our hearts: desire, seek, serve, and “with all our hearts”. We will see these heart descriptions can be for God or for self.

Next, two examples of faithful men offer a challenge to our Cultural Christianity faith paradigm. Brother Yun, a Chinese Christian in the 1980’s, suffered greatly for refusing to name fellow Christians. In the early 1800’s, George Mueller trusted God for all the provisions for an orphanage he founded.

Lastly, people that desire, seek, and serve with all ones’ heart will be fruitful in God’s kingdom. Personal progress of this principle will be measured with a Heart Lab. The final Heart Lab Lifeline wounds of fear and bitterness will be examined as well.

## Heart Story

### Ultimate Trust

Keith was fortunate to travel to China and meet with the underground Christians several times. He came away convinced that there is a great movement of God in that country. The Chinese believers showed great trust in God. They treasured having and learning God’s Word. How is their trust different from our experience? They seemed willing to love Him to the point of trusting Him in everything. When they become a believer in China, they’re putting it all on the line. They could lose their lives, careers, education for their children, their assets—they could lose it all. When they make a decision to follow Jesus, it comes with a serious price. What happens in China and places in the world where the church is persecuted? The church has more impact and growth than any other place in the world—whether it’s in Vietnam, Myanmar or China. Keith’s experience helped us appreciate in a new way what it means to trust God.

## Trusting God Introduction

What do you trust in? How would you know? You discover what you trust in by determining where you place your faith, often without even realizing it. Trust means to entrust oneself, to depend on, or to have confidence in someone or something. Using this definition, how do we know who or what we trust in? We trust in a pilot to get

## Session 6 Assignment

1. Read Chapter 4, pages 103-116, and complete the exercises.
2. Complete Heart Lab #14.
3. Memorize Luke 6:45.
4. Journal—“What is my motivation for seeking and serving God?” and “How am I following God with my whole heart?”

## Pilgrim Guide

The Lesson Plan for Session 6 is on page 35 of the *Leader’s Guide*.

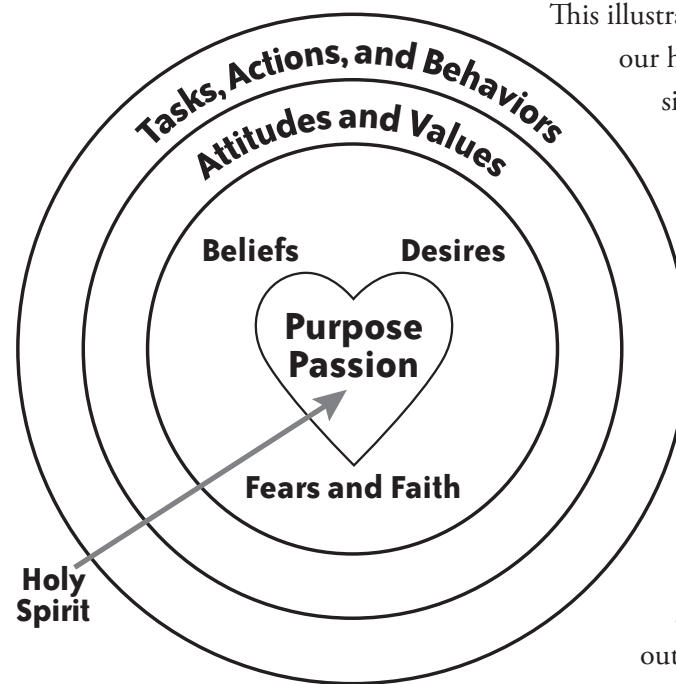
us to a destination. We trust in our cars to provide safe transportation, in electricity to light and heat our homes, and in doctors and the medications he prescribes to maintain our health.

Paul tells the Christians in Romans 15:13, “May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit.” In order to receive this hope, we must trust God. For a transformed heart: obedience is the first step in trust. Those who believe God will obey what He says.

Scripture reveals to us that we can not love the Lord with all our hearts if “self” is competing with God. We have learned to live life quite independent of God, and in the midst of emergencies and in the things we can not control, we turn to God and demonstrate a certain level of trust. That is the problem. Our trust often only rises up to the level of the problem and our need for God’s help. He calls us to become completely dependent upon his truths and his Holy Spirit. The Lord is not saying that we are not to use all our gifts and talents, but He is saying we need to trust God while using all God gives us to live life. That is what active trust and dependence is all about.

Without this trust, we will never come to the point of dearly loving our God rather than trying to fulfill the command to love God. This is the next step to releasing the power of God in our lives—realizing what is in our heart and where we put our trust as we continue on our pilgrimage. Enjoy the journey in trusting God!

## The Heart Examined



This illustration shows the strategic parts of our hearts and the outward expressions that come from the inside.



Let us start with the outside rings first. Traditionally we develop people on the outside of the circle, but little passion and purpose is developed on the inside circle. We work on skills, personality, techniques, and how-to’s, versus developing the heart of the person. If the heart is not transformed, then all the outward developments are merely shallow and temporary.

Now let us look at the center of the heart.

# The Center of the Heart

At the core of the heart is purpose and passion. All of life begins and continues by what we have chosen as our purpose. This is what will be rewarded, because God judges the thoughts and intent of the heart. Remember that purpose is identified not by what we say but by what motivates what we do. To help understand our hearts, look at them from the three aspects identified in this illustration: belief, faith/fears, and desires.

Now look at the divided heart. The purpose and passion of this heart is concerned with earthly things like Solomon's heart was. Out of that center comes fear and weak faith along with wrong desires and beliefs. Heart Transformation occurs as we identify the wrong desires, wrong beliefs, and the fears/weak faith that keeps us from trusting God to correct things in our hearts.

Divided Heart	Undivided Heart
	
<p><b>Wrong Beliefs</b></p> <p>We have wrong beliefs that cause us to make wrong decisions. We believe that life is about us rather than about God. We believe that succeeding in life is as important as loving God. We believe that keeping up with our neighbor/friend is more important than giving to the kingdom or being free of bondage. We believe that being one with our mate is not possible. We believe our children should be the most popular, athletic, and entertained. We believe our plans will work better than God's plan. These are just some examples of wrong belief systems. Until we come to grips with what God thinks, we will be chasing life; life will rule us rather than us ruling it!</p>	<p><b>Believing What God Says</b></p> <p>God desires only the best for us and it is clear in His Word (review <i>God's Blessing of Pilgrimage</i>, beginning on page 55).</p> <p>Proverbs 3:5-6          Exodus 20:2-3          Luke 10:27          John 14:12          1 John 1:5-7</p> <p>Light will always dispel darkness. You cannot carry a candle into a room and have the darkness overwhelm the light. The light will always overwhelm, drive back, and dispel the darkness depending on how much light you have.</p> <p>Believe God's Word and act upon it.</p>

Divided Heart	Undivided Heart
<p><b>Wrong Fears</b></p> <p>We fear the wrong things. We fear not being accepted, not being able to keep up our standard of living, death, embarrassment and humiliation, losing safety and security, being at risk in life, that our children will not meet the world's expectations in what they wear, do, and know, or that God will do something we can not handle or call us to a task for which we are unprepared. We should fear the diminishment of relationship with God more than any of these temporal things.</p>	<p><b>Having Faith in What God Does</b></p> <p>God wants us to live a life of faith. A life of trusting him rather than ourselves, trusting his principles and not earthly principles. God is our Father, and He desires to give us everything (just as you desire to give to your children), but He will not give it at the cost of spiritual health. He does not want to give you things that will cause you to stray and be distracted, and love something else besides Him. This life is about building the kingdom of God, not building our earthly kingdom.</p> <p>Hebrews 11</p>
<p><b>Wrong Desires</b></p> <p>Wrong desires in our hearts compete with what God desires for us. These desires can be tangible or intangible: like the desire to be right, the desire to be loved, the desire to have influence, power, or security, the desire for a bigger home, more toys, or more friends. They are not "bad things." But when they overrule what God desires, they distract us from the full and abundant life God promised (John 10:10b). They motivate us in the wrong direction.</p>	<p><b>Desiring What God Desires</b></p> <p>A transformed heart means that our desires have been changed to what God desires. Therefore we are walking according to the Spirit (Romans 8:5). What does God desire? God desires that we overflow with his Spirit, that we are witnesses for him (Acts 1:8), and that we make disciples (Matthew 28:19). He desires that we yearn to love one another and care for each other, that we serve him and one another, that we obey him, that we trust him and his plan literally, and that we do everything that He has already planned for us to do (Ephesians 2:10). What desires are revealed by the way you live? Desire is another word for yearn. Your heart is always yearning for something, seeking to be satisfied in some way.</p>

## Exploring Desire

Desire can be for God or self. We are either living in the flesh, our natural heart, or we are living with God's Spirit, which is a transformed heart. How can we know? Romans 8:5 answers this question: "Those who live according to the sinful nature have their minds set on what that nature desires; but those who live in accordance with the Spirit have their minds set on what the Spirit desires." To what degree do you put your trust in God? In the world?

This same truth is seen in Galatians 5:16-17:

So I say, live by the Spirit, and you will not gratify the desires of the sinful nature.

For the sinful nature desires what is contrary to the Spirit, and the Spirit what is

contrary to the sinful nature. They are in conflict with each other, so that you do not do what you want.

Get two colored highlighters and review the following Scriptures. Use one color to mark the words that have to do with living for God. Use the other color to highlight the word that shows the sinful nature. In the margin, record a word that summarizes the thought about desire in the verse.

If you do what is right, will you not be accepted? But if you do not do what is right, sin is crouching at your door; it desires to have you, but you must master it. (Genesis 4:7)

He fulfills the desires of those who fear him; he hears their cry and saves them. (Psalm 145:19)

The righteousness of the upright delivers them, but the unfaithful are trapped by evil desires. (Proverbs 11:6)

The sluggard craves and gets nothing, but the desires of the diligent are fully satisfied. (Proverbs 13:4)

What a man desires is unfailing love; better to be poor than a liar. (Proverbs 19:22)

See, he is puffed up; his desires are not upright—but the righteous will live by his faith. (Habakkuk 2:4)

Still others, like seed sown among thorns, hear the word; but the worries of this life, the deceitfulness of wealth and the desires for other things come in and choke the word, making it unfruitful. (Mark 4:18-19)

You belong to your father, the devil, and you want to carry out your father's desire. He was a murderer from the beginning, not holding to the truth, for there is no truth in him. When he lies, he speaks his native language, for he is a liar and the father of lies. (John 8:44)

Therefore God gave them over in the sinful desires of their hearts to sexual impurity for the degrading of their bodies with one another. (Romans 1:24)

Therefore do not let sin reign in your mortal body so that you obey its evil desires. (Romans 6:12)

I know that nothing good lives in me, that is, in my sinful nature. For I have the desire to do what is good, but I cannot carry it out. (Romans 7:18)

Rather, clothe yourselves with the Lord Jesus Christ, and do not think about how to gratify the desires of the sinful nature. (Romans 13:14)

But eagerly desire the greater gifts. And now I will show you the most excellent way. (1 Corinthians 12:31)

And here is my advice about what is best for you in this matter: Last year you were the first not only to give but also to have the desire to do so. (2 Corinthians 8:10)

Those who belong to Christ Jesus have crucified the sinful nature with its passions and desires. (Galatians 5:24)

All of us also lived among them at one time, gratifying the cravings of our sinful nature and following its desires and thoughts. Like the rest, we were by nature objects of wrath. (Ephesians 2:3)

Put to death, therefore, whatever belongs to your earthly nature: sexual immorality, impurity, lust, evil desires and greed, which is idolatry. (Colossians 3:5)

Here is a trustworthy saying: If anyone sets his heart on being an overseer, he desires a noble task. (1 Timothy 3:1)

People who want to get rich fall into temptation and a trap and into many foolish and harmful desires that plunge men into ruin and destruction. (1 Timothy 6:9)

For the time will come when men will not put up with sound doctrine. Instead, to suit their own desires, they will gather around them a great number of teachers to say what their itching ears want to hear. (2 Timothy 4:3)

Pray for us. We are sure that we have a clear conscience and desire to live honorably in every way. (Hebrews 13:18)

When tempted, no one should say, "God is tempting me." For God cannot be tempted by evil, nor does he tempt anyone; but each one is tempted when, by his own evil desire, he is dragged away and enticed. Then, after desire has conceived, it gives birth to sin; and sin, when it is full-grown, gives birth to death. (James 1:13-15)

For man's anger does not bring about the righteous life that God desires. (James 1:20)

What causes fights and quarrels among you? Don't they come from your desires that battle within you? (James 4:1)

Dear friends, I urge you, as aliens and strangers in the world, to abstain from sinful desires, which war against your soul. (1 Peter 2:11)

Through these he has given us his very great and precious promises, so that through them you may participate in the divine nature and escape the corruption in the world caused by evil desires. (2 Peter 1:4)

For they mouth empty, boastful words and, by appealing to the lustful desires of sinful human nature, they entice people who are just escaping from those who live in error. (2 Peter 2:18)

The world and its desires pass away, but the man who does the will of God lives forever. (1 John 2:17)

These men are grumblers and faultfinders; they follow their own evil desires; they boast about themselves and flatter others for their own advantage. But, dear friends, remember what the apostles of our Lord Jesus Christ foretold. They said to you, “In the last times there will be scoffers who will follow their own ungodly desires.” These are the men who divide you, who follow mere natural instincts and do not have the Spirit. (Jude 16-19)

## Desires Summary

1. Review the highlighted passages above. What are some of the good desires and how does the Spirit draw us toward them? \_\_\_\_\_  
\_\_\_\_\_
2. What are some of the evil desires of our natural heart and how does our sinful nature lead us to sin? \_\_\_\_\_  
\_\_\_\_\_
3. How do we know when we are feeding both natural and Spirit-led desires in our lives? \_\_\_\_\_  
\_\_\_\_\_
4. How can we purge the natural desires that control us? \_\_\_\_\_  
\_\_\_\_\_
5. How do we allow God’s Spirit to rule in our lives? \_\_\_\_\_  
\_\_\_\_\_

Flowing out of our desires are our actions—we will seek and serve whatever desires are in our hearts. We have many desires competing with our desire to love and serve our Lord. They must be recognized, repented of, and the Holy Spirit’s voice must become more a part of our daily lives.

## The Role of the Holy Spirit in Heart Transformation

The Holy Spirit joins us in this transformation to love God totally with “all.” As we trust God with our hearts, the Holy Spirit helps us correct the wrong desires, wrong beliefs, and helps us overcome our fear and have trusting faith. This all begins on the inside and then we are changed, as well, on the outside. Our attitudes and values are transformed, and so are our tasks, actions, and behaviors.

In *The Truth of the Heart* chapter, we looked at some verses that stressed the importance of seeking and serving God from our hearts (and the consequences for failing to do so). Let us examine some additional Scriptures that show this.

## Exploring Seek and Serve

Read the following verses and answer the questions at the end of the verses.

And God spoke all these words: “I am the LORD your God, who brought you out of Egypt, out of the land of slavery. You shall have no other gods before me.” (Exodus 20:1-3)

Fear the LORD your God, serve him only and take your oaths in his name. (Deuteronomy 6:13)

And Samuel said to the whole house of Israel, “If you are returning to the LORD with all your hearts, then rid yourselves of the foreign gods and the Ashtoreths and commit yourselves to the LORD and serve him only, and he will deliver you out of the hand of the Philistines.” (1 Samuel 7:3)

If you fear the LORD and serve and obey him and do not rebel against his commands, and if both you and the king who reigns over you follow the LORD your God—good! But if you do not obey the LORD, and if you rebel against his commands, his hand will be against you, as it was against your fathers. (1 Samuel 12:14-15)

“Do not be afraid,” Samuel replied. “You have done all this evil; yet do not turn away from the LORD, but serve the LORD with all your heart.” (1 Samuel 12:20)

“But be sure to fear the LORD and serve him faithfully with all your heart; consider what great things he has done for you. Yet if you persist in doing evil, both you and your king will be swept away.” (1 Samuel 12:24-25)

When the time drew near for David to die, he gave a charge to Solomon his son. “I am about to go the way of all the earth,” he said. “So be strong, show yourself a man, and observe what the LORD your God requires: Walk in his ways, and keep his decrees and commands, his laws and requirements, as written in the Law of Moses, so that you may prosper in all you do and wherever you go and that the LORD may keep his promise to me: If your descendants watch how they live, and if they walk faithfully before me with all their heart and soul, you will never fail to have a man on the throne of Israel.” (1 Kings 2:1-4)

If my people, who are called by my name, will humble themselves and pray and seek my face and turn from their wicked ways, then will I hear from heaven and will forgive their sin and will heal their land. (2 Chronicles 7:14)

One thing I ask of the LORD, this is what I seek: that I may dwell in the house of the LORD all the days of my life, to gaze upon the beauty of the LORD and to seek him in his temple. (Psalm 27:4)

But may all who seek you rejoice and be glad in you; may those who love your salvation always say, “The LORD be exalted!” (Psalm 40:16)

O God, you are my God, earnestly I seek you; my soul thirsts for you, my body longs for you, in a dry and weary land where there is no water. (Psalm 63:1)

I love those who love me, and those who seek me find me. (Proverbs 8:17)

Evil men do not understand justice, but those who seek the LORD understand it fully. (Proverbs 28:5)

Seek the LORD while he may be found; call on him while he is near. (Isaiah 55:6)

“In those days, at that time,” declares the LORD, “the people of Israel and the people of Judah together will go in tears to seek the LORD their God.” (Jeremiah 50:4)

Afterward the Israelites will return and seek the LORD their God and David their king. They will come trembling to the LORD and to his blessings in the last days. (Hosea 3:5)

Sow for yourselves righteousness, reap the fruit of unfailing love, and break up your unplowed ground; for it is time to seek the LORD, until he comes and showers righteousness on you. (Hosea 10:12)

Seek the LORD, all you humble of the land, you who do what he commands. Seek righteousness, seek humility; perhaps you will be sheltered on the day of the LORD’s anger. (Zephaniah 2:3)

But seek first his kingdom and his righteousness, and all these things will be given to you as well. (Matthew 6:33)

Ask and it will be given to you; seek and you will find; knock and the door will be opened to you. (Matthew 7:7)

The God who made the world and everything in it is the Lord of Heaven and earth and does not live in temples built by hands. And he is not served by human hands, as if he needed anything, because he himself gives all men life and breath and everything else. From one man he made every nation of men, that they should inhabit the whole earth; and he determined the time set for them and the exact places where they should live. God did this so that men would seek him and perhaps reach out for him and find him, though he is not far from each one of us. (Acts 17:24-27)

And without faith it is impossible to please God, because anyone who comes to him must believe that he exists and that he rewards those who earnestly seek him. (Hebrews 11:6)

What are the rewards for seeking and serving God? Review the above verses and list the rewards below.	What are the consequences for failing to seek or serve Him? Review the above verses and list the consequences below.

### Journal Response

- What are we called to do differently?
- How was I seeking God today?
- What is my motivation for seeking and serving God?

As the above Scriptures revealed, there is a battle between our natural hearts and God’s Spirit. We will seek and serve the desires of our hearts. As we allow our natural selves to dictate our lives, we experience desires that feed our flesh. God’s Word shows us examples of people who either sought God with all their hearts, or chose not to. Let’s look at a few examples.

## With All Our Heart

There are over 80 references using “with all (your, my, his) heart” when describing how we should love and obey God. Throughout the history of the Bible this truth has been shown. In the margin, record the word that describes what God is calling us to do with “all our heart.”

1. The Israelites in the wilderness receiving the words of God through Moses:

And now, O Israel, what does the LORD your God ask of you but to fear the LORD your God, to walk in all his ways, to love him, to serve the LORD your God *with all your heart* and with all your soul... (Deuteronomy 10:12)

So if you faithfully obey the commands I am giving you today—to love the LORD your God and to serve him *with all your heart* and with all your soul... (Deuteronomy 11:13)

2. The promise given by God to the Israelites that He would rescue them from foreign captivity when they turn and follow Him with all their heart:

...and when you and your children return to the LORD your God and obey him *with all your heart* and with all your soul according to everything I command you today... (Deuteronomy 30:2)

3. Joshua's charge to keep the Law given by Moses:

But be very careful to keep the commandment and the law that Moses the servant of the LORD gave you: to love the LORD your God, to walk in all his ways, to obey his commands, to hold fast to him and to serve him *with all your heart* and all your soul. (Joshua 22:5)

4. Samuel rebuking Israel for rejecting God as their King:

"Do not be afraid," Samuel replied. "You have done all this evil; yet do not turn away from the LORD, but serve the LORD *with all your heart*." (1 Samuel 12:20)

But be sure to fear the LORD and serve him faithfully *with all your heart*; consider what great things he has done for you. (1 Samuel 12:24)

5. Solomon's wisdom:

Trust in the LORD *with all your heart* and lean not on your own understanding. (Proverbs 3:5)

6. Prophets teaching the Israelites in captivity:

"Even now," declares the LORD, "Return to me *with all your heart*, with fasting and weeping and mourning." (Joel 2:12)

Sing, O Daughter of Zion; shout aloud, O Israel! Be glad and rejoice *with all your heart*, O Daughter of Jerusalem! (Zephaniah 3:14)

7. Jesus answered the question, "Of all the commandments, which is the most important?" by saying:

Love the Lord your God *with all your heart* and with all your soul and with all your mind and with all your strength. (Mark 12:30)

To love him *with all your heart*, with all your understanding and with all your strength, and to love your neighbor as yourself is more important than all burnt offerings and sacrifices. (Mark 12:33)

## With All Our Hearts Summary

We have explored how our desires, whether good or bad, come from the heart. Those desires will cause us to seek and serve God with all of our hearts, or to compromise our love for God with selfish actions. The story of God's people throughout biblical history consists of God constantly calling His children to love and obey, seek and serve, and live for God with all their hearts. The Scriptures we explored show this point over and over again. We are God's children today and He still has the same desire for us!

In conclusion, to love the Lord with all your heart means that we will trust the Lord with everything that is in us. It means that we will trust the Lord with all outcomes. We will not doubt that He is always producing blessing out of life's situations. He will do what is best for us and also for His kingdom.

### Journal Response

- When was a time in your life you sought God with all your heart?
- How did God bless you for following Him wholeheartedly?
- When was a time you did not seek God with all your heart?
- What hardships did your actions incur?
- Where is your heart now?

Stop here and reflect:

- Does God want to do something within your heart right now? Invite Him in.
- Is God asking you whether you want to be healed of a trust issue?

## Exploring the Wound of Fear

We are using *Heart Lab #5: Your Lifeline* (page 46) to explore the various issues of our wounds: deceit/masks, shame, fear, anger, loss/grief, and bitterness. The next wound to explore is fear. Review the events from your lifeline. Reflect on the statements and questions below to help you process your feelings of fear.

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### Heart Lab #14

#### Healing the Wound of Fear

Isaiah 61 proclaims that Jesus has come to heal our broken hearts and set the captives free. This Heart Lab helps you pull together your thoughts on the wound of fear.

1. What fears did you have as revealed on your lifeline?

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2. What are you fearful of now?

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3. How do your fears hinder your intimacy with God?

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4. How has Satan used fear in your life and what impact does it continue to have?

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5. Define a *theme(s)* or the core issue of the wound. What lies beneath the wound?

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6. Define the *lie*. Satan wants you to believe that your wound will never be resolved. So he causes you to believe a lie that deceives the heart. What is the lie you are believing?

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7. Define your *self-protective strategies*. These are reactions or thought patterns used to protect our hearts from any more pain. What self-protective strategies have you used?

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8. All of the above techniques led to *making a vow* by which you have lived your life. What vow have you made?

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9. What is it that you hate about this fear and the impact it has had on your life?

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10. As you reflect on your fears, remember Jesus can heal your pain. Are you ready for Jesus to heal this in your life? If so, picture the wound. Can you feel the pain? Where do you feel it in your body?

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11. Ask Jesus into that painful place. Ask Him to heal the pain. Wait on Him. What happened? Are you cleared of it?

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12. Rejoice in what God is doing. Record it here.

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### **Journal Response**

Continue to record your reflections on how fear has wounded you, and how God is helping you understand and is freeing you from Satan's lies. Pray about what God has revealed to you about fear you have experienced.

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## Two Examples of Hearts that Trusted God

Kingdom living is the goal of Heart Transformation. One reason we struggle with “seeking, serving, and loving the Lord with all our heart,” could be the lack of personal examples in our lives. The next two personal examples are people who sought the Lord with all their hearts. Look to their examples as practical ways that we can do the same.

### Hearts that Trusted God: #1 Brother Yun, The Heavenly Man

Right now in China there is perhaps the greatest movement of God in history. Brother Yun is a part of that movement and is often referred to as the Heavenly Man. In 1974, at the age of 16, he was without a church or any other believer around him. But his mother introduced him to Jesus. He became passionate about finding a Bible. While fasting and praying every day for 100 days, he asked God for a Bible. He restricted himself to one small bowl of rice every day until God answered. A vision was given to him one day of men bringing him a Bible, and that is exactly what happened.

He had only three years of education, so he found a dictionary so that he could teach himself to read. All of this was done in secret because it was illegal to have a Bible; persecution, beatings and imprisonment would follow if he were discovered. At age 17, Brother Yun received a vision to go preach. He obeyed, and by the end of the year, 2,000 people had come to Christ. He would memorize whole chapters and books of the Bible so that he could share them with others, knowing that if he were arrested it would be a useful tool (that couldn't be taken away) in sharing the gospel with other prisoners and guards. He faithfully continued year after year, mentoring others to be evangelists and pastors. He was part of the powerful movement of God in China.

The Lord granted Brother Yun ten years of ministry, during which time he was arrested and beaten so many times that he was commonly known as the “Heavenly Man” because he was so heavenly minded. Once, when begged by his abuser to, “Please deny Christ; no one will ever know.” His response was, “If I deny Christ, who will share him with you and the rest of the guards?” Many times he escaped, which was beyond human explanation. The beatings became exceedingly harsh, almost to the point of death. He became so known and so pursued by the police that he had to escape the country. His deep love for the Lord fostered a God-empowered life and ministry that affected multitudes in his beloved land of China.

In prison, the prisoners were beaten by the guards and then encouraged by the guards to beat one another in their cells. Many times Yun was beaten until he was spitting up blood. His face was nearly always blackened from bruises and was swollen beyond recognition. The cells were so cold that his hands and feet turned purple. Much of the time his hands were so tightly manacled that the flesh was cut. The pain was so great that he could hardly bear it and he cried out to God. One day a verse he had memorized came to him

### Session 7 Assignment

1. Read Chapter 4, pages 117-126, and complete the exercises.
2. Complete Heart Labs #15 and 16.
3. Memorize Matthew 6:21.
4. Journal—Reflect on what you have learned about the six wounds and how you are seeing God's healing at this point.

### Pilgrim Guide

The Lesson Plan for Session 7 is on page 37 of the *Leader's Guide*.

These two examples are based on the tracts available from the following ministries:

- *The Heavenly Man* by David Hunt, World Serve Ministries, 1-888-254-8005
- *An Hour with George Mueller*, Chapel Library, 2603 W. Wright Street, Pensacola, FL 32505, 1-850-438-6666

with great power, “Be still and know that I am God: I will be exalted among the nations, I will be exalted in the earth. The Lord Almighty is with us: the God of Jacob is our fortress” (Psalm 46:10-11). Yun was greatly encouraged and felt renewed strength.

There was a criminal who was assigned to carry Yun to and from his beatings. He said that he could hear them beating Yun from the other end of the corridor. Every time he would carry Yun back to his cell he would cry because he saw how much they had beaten him. He saw Yun’s black and blue swollen face, and his bleeding wounds. As this tough criminal saw everything the prison officials did to Yun and how Yun bore the suffering, he became a Christian.

Brother Yun’s love, which set an example of uncommon commitment throughout his life is daily demonstrated by many of our Chinese brothers and sisters. The faith of Chinese Christians is often characterized by being:

- Ready in every place and every way for prayer, and to get their roots deeper in the Word.
- Ready to give testimony every time, in every place.
- Ready to suffer for the gospel.
- Ready to die for the gospel.
- Ready to escape prison for the sake of the gospel—not to gain freedom, but to carry on the ministry.

## Hearts that Trusted God: #2

### George Mueller, Man of Faith in the 1800’s

Edited by A. Sims

Charles Parsons, interviewing George Mueller about his work establishing orphanages, described him as having given the world the most striking object lesson in faith it has ever seen. The following is a composite of questions and answers from that interview.

**Q:** You have always found the Lord faithful to his promise, Mr. Mueller?

**A:** Always! He has never failed me. For nearly 70 years every need in connection with this work has been supplied. During all these years I have been enabled to trust in the living God alone. In answer to prayer \$7,500,000 have been sent to me...often our funds run very low...but always we have to be praying (in secret without telling anyone), always believing (God will answer)...expect great things from God and great things you will have...praise him for everything!

**Q:** Have you contemplated a “reserve fund”?

**A:** Our reserve fund is in Heaven. The living God is our sufficiency. I have trusted in him for one dollar...for thousands, and never trusted in vain. “Blessed is the man that trusts in him” (Psalms 34:8). I do not regard such gifts as belonging to me; they belong to him...I dare not save; it would dishonor my loving, gracious, all-bountiful Father.

**Q:** Do you spend much time on your knees?

**A:** Hours every day. But I live in the spirit of prayer. I pray as I walk, when I lie down, and when I rise. And the answers are always coming...I go on praying for it until the end comes. I never give up! [Mr. Mueller began his travels when he was 70 and continued until he was 87.] In answer to my prayers, thousands of souls have been saved...the great point is to never give up until the answer comes. The great fault of the children of God is that they do not continue in prayer; they do not go on praying; they do not persevere. If they desire anything for God's glory, they should pray until they get it.

**Q:** What about discouragement?

**A:** God himself will bless you, toil on! Seek to depend entirely on God for everything. Put yourself and your work in his hands... begin it in his name and continue in it to the end...never give up! And do not regard iniquity in your heart. If you do, the Lord will not hear you. Expect great things from him. Faint not if the blessing tarries.

**Q:** Plain lifestyle?

**A:** It does not become the children of God to be ostentatious in style, appointment, dress or manner of living...expensiveness and luxury are not seemly in those who are the professed disciples of the meek and lowly One.

**Q:** Life and work?

**A:** My whole life shall be one service for the living God...gladly again would I pass through all these trials of faith with regard to means, if he only might be glorified and his church and the world be benefited.

When crossing the Atlantic to America, George Mueller's ship became encased in a very deep fog. Mueller approached the captain and explained that he needed to be in Quebec soon, and that his eyes weren't on the density of the fog but on the living God who controls every circumstance of his life. His simple prayer was, "O Lord, if it is consistent with thy will, please remove this fog in five minutes. You know the engagement you made for me in Quebec for Saturday. I believe it is your will." The captain was about to pray also when Mr. Mueller stopped him. "First, you do not believe God will do it; and second, I believe he has done it. There is no need whatever for you to pray about it." Mueller said, "I got up and the fog was gone."

### **Mr. Mueller's Faith Principles**

1. Earnestly seek whether the thing you want is in accordance with what God has said in his Word.
2. Faith is increased through trials, obstacles, difficulties, and sometimes defeats. Be willing to take from God's hand the means for strengthening faith.
3. The secret to his successful work: I have confided in God and I have sought God. Everything is under his direction.

## Five Principles of Prevailing Prayer

1. Entire dependence upon Christ as the only ground of any claim for blessing.
2. Separation from known sin.
3. Faith in God's word of promise.
4. Asking in accordance with his will.
5. Waiting on God and waiting for God.

## Knowing the Will of God

1. Clear my heart so it has no will of its own.
2. Do not leave the result to feelings of simple impression.
3. Seek the will of the Spirit of God in connection with the Word.
4. Take into account providential circumstances.
5. Ask God in prayer to reveal his will to me.

Here we have two stories of men who had great faith. Their faith is a result of trusting God with all of life. They held nothing back from him. They believed that God could do the impossible in and through them. Do we believe this?

## How I Have Been Transformed

We have reached a place in the Heart Transformation process to experience God's healing. Complete the following Heart Lab, then explore a parable Jesus told about seeds. This parable can be used to see how much we trust or distrust God in healing our wounds and transforming our hearts.

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### Heart Lab #15

### How I Have Been Transformed

Consider the things you have learned, want changed, or seen changed up to this point of the HT process and record your thoughts.

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At this point, you should be experiencing some heart healing in your life. If not, then consider the fact that you may be engaging intellectually and observing only. Now is the time to release yourself to God and ask him to reveal the deeper parts of your heart: your true desires, your true beliefs, and your true faith.

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## Trusting God Process

### Hearing, Understanding, and Turning

Trusting God moves us to repentance and healing, as shown by the rocks example (page 102). We are reminded of the rocks within our glass and how they displace the love of God from fully filling us. Many of the difficult things that happen in life wound us and they are deeply buried in our hearts. These rocks (wounds) have formed a hardness in our hearts that must be removed or we become complacent and apathetic. We can become bitter and angry. We experience guilt because of our shame. And because Satan wants to destroy us, he unleashes his weapons as we face spiritual warfare. Satan's desire is for us to remain with calloused hearts—heart transformation is the last thing he wants for any of us! The healing Jesus offers will be explored in greater depth in Chapter 5: *Repentance*.

The following story is an example of how this healing occurred for one woman in Heart Transformation.

## Heart Story

### Abandoned Heart

I had been working with a group of women and one woman noticed there were two dramatic downturns on her Lifeline. The first was at the point of her parent's divorce with her father moving out of state. And the second was when her brother died. When her father left home, the older brother became a very important part of her life—then he died. She discovered she had developed an anger with God—a frustration that God took away the men in her life with whom she communicated and trusted. Satan formed a lie in her heart that the men in her life would abandon her. She discovered anger toward God because He had allowed these things to happen. This woman discovered her self-protective strategy was that whenever she sensed that men might abandon her, she did something that caused her to leave first, so that she would never be hurt like that again. God is bringing healing into her life by revealing the theme of Satan's wound, the lie that he told her, and the self-protective strategies she developed. God is removing the rocks (wounds) from her heart.

We go through these exercises so God has an opportunity, (through the power of the Holy Spirit), to reveal Satan's work in the most hidden corner of the heart. As soon as you start making progress in loving with all, Satan lurks to remind you of sin and pain so that you will be distracted. He knows exactly what area to touch because he is the one who made sure the wound was there in the first place. That is why healing is so

Bitterness essay is summarized from a booklet by Jim Wilson, *How to Be Free from Bitterness*, Chapel Library, 2603 W. Wright St., Pensacola, FL 32505, (850) 438-6666, chapel@mountzion.org, www.mountzion.org

important. It gives Satan no authority over these areas anymore. God is offering you healing today.

## Exploring the Wound of Bitterness

Bitterness and tenderheartedness are both attitudes from the heart; both cannot exist at the same time. Bitterness is not easy to see in ourselves, but it can be discerned from our guilt:

- Guilt is what we feel when we sin.
- Bitterness is what we feel when others sin against us. It does not depend on how great the evil is. It depends on how close the other person is to us. The Bible does not grant anyone the right to be bitter. “See to it that no one misses the grace of God and that no bitter root grows up to cause trouble and defile many” (Hebrews 12:15-16).
- The world has two solutions: Keep the bitterness in and make yourself sick or let it out and spread the sickness around. God’s solution is to dig up the root. Get rid of it by the grace of God.
- Bitterness accumulates, getting worse and worse.

Most people carry some degree of bitterness. How can we tell if we are bitter? Bitterness remembers details: we remember every single word and the tone of every part of someone’s voice. We know exactly what happened—which means we are bitter; we have gone over and over the bad things in our minds. You have concentrated on how right we were and how wrong the other person was and that memory is accusative. This is an indication of bitterness—get rid of it! We have to bring it back to our own hearts; the temptation is to look at the offender. But we need to recognize it’s our problem. We may say, “I am not bitter. I just get hurt easily.” But the symptoms of getting hurt are very close to the symptoms of resentment. Resentment leads to bitterness and many evil attitudes.

Amy Carmichael stated, “For a cup brimful of sweet water cannot spill even one drop of bitter water, however suddenly jolted.” Jolts bring out of the container what is already in the container. Bitterness is the result of what we do and are. We do not remove it any other way except by calling it sin against the Holy God, confessing it, and receiving forgiveness. The difficulty is in moving my eyes off the other person’s offense, and confessing my sin, until I am free of it! The result of bitterness is not only diminished relationships with the Lord but also anxiety, loss of health, impugning other relationships and perhaps this is a major hindrance to revival in this country.

What is the solution? The first step is to confess our sin before God (1 John 1:9) in order to be free of the yoke of slavery (Galatians 5:1). The second is to forgive, no matter what the condition/situation of the other party (Matthew 6:14). We must be persistent in the confession if necessary.

1. What is bitterness and guilt? \_\_\_\_\_  
\_\_\_\_\_

2. What fruit does bitterness bear? \_\_\_\_\_  
\_\_\_\_\_

3. Is it possible to be kind, yet bitter? \_\_\_\_\_

4. Bitterness is easy to see in others, but hard to see in ourselves. Is there bitterness in your heart? \_\_\_\_\_  
\_\_\_\_\_

How would you know? If you do, or have done, either of these two things, you are probably bitter:

a. You remember every detail, the words and the tone of the events that are unresolved.

b. You have replayed it many, many times in your mind and heart.

5. Bitterness is usually against someone close to you.

6. You can see and hear bitterness in some people; some people enjoy being bitter—it gives them purpose.

7. Do you wish that the offender would say they were sorry or quit hurting you through their sin? \_\_\_\_\_

Think about these ideas:

a. What if they won't or can't? \_\_\_\_\_  
\_\_\_\_\_

b. Can you forgive them whether they do or don't? \_\_\_\_\_

c. Resolve to own your sin—get your eyes off them.

8. Almost everyone harbors bitterness. Get rid of it! Who do you need to forgive? Your spouse, brother, sister, father, mother, business partner, friend, child, pastor, or church? Don't let Satan have his way. Give your bitterness to Jesus.

We are using *Heart Lab #5: Your Lifeline* (page 46) to explore the various issues of our wounds: deceit/masks, shame, fear, anger, loss/grief, and bitterness. The last wound to explore is bitterness. Review the events from your lifeline. Reflect on the statements and questions below to help you process your feelings of bitterness.

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## Heart Lab #16

### Healing the Wound of Bitterness

Isaiah 61 proclaims that Jesus has come to heal our broken hearts and set the captives free. This Heart Lab helps you pull together your thoughts on the wound of bitterness.

1. What bitterness did you have as revealed on your lifeline?

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2. What are you bitter about now?

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3. How does your bitterness hinder your intimacy with God?

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4. How has Satan used bitterness in your life and what impact does it continue to have?

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5. Define a *theme(s)* or the core issue of the wound. What lies beneath the wound?

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6. Define the *lie*. Satan wants you to believe that your wound will never be resolved. So he causes you to believe a lie that deceives the heart. What is the lie you are believing?

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7. Define your *self-protective strategies*. These are reactions or thought patterns used to protect our hearts from any more pain. What self-protective strategies have you used?

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8. All of the above techniques led to *making a vow* by which you have lived your life. What vow have you made?

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9. What is it that you hate about bitterness and the impact it has had on your life?

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10. Are you ready for Jesus to heal this in your life? If so, picture the wound. Can you feel the pain? Where do you feel it in your body?

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11. Ask Jesus into that painful place. Ask Him to heal the pain. Wait on Him. What happened? Are you cleared of it?

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12. Rejoice in what God is doing. Record it here.

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## Journal Response

Continue to record your reflections on how bitterness has wounded you, and how God is helping you understand and is freeing you from Satan's lies. Pray about what God has revealed to you about the bitterness you have experienced.

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## Your Lifeline Summary

We have examined six areas where Satan's wounds can affect our lives. This is not a complete list of the possible wounds we have. Nor are our wounds something we simply check off and are done with. The Heart Transformation process will involve us continuously opening our hearts to receive the Lord's forgiveness and healing. The devil is clever—he will devise all sorts of ways to trip us up. We will be exploring some other ways Satan creates barriers that hinder our intimacy with God as we prepare for our repentance event in the next chapter.

List the six wound areas (pages 48, 61, 87, 94, 114, and 124).

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_

After reviewing all of your *Healing the Wound* Heart Labs, choose three specific areas in which have you decided to trust God.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### **Journal Response**

- Reflect on what you have learned about the six wounds.
- How are you seeing God's healing at this point?

## **Trusting God Summary**

We see that the heart is the center of who we are, and it is clear that the Holy Spirit is the one who does the transforming. It is our cooperation with the Spirit of God that will foster transformation. In the exploring desire exercise we discovered that we are vulnerable to the desires of the heart, and how our human desires pull us away from desiring the Lord totally and completely.

We looked at two men who had faith in God—Brother Yun as he faced persecution, and George Muller as He trusted God for his ministry provisions. Their faith examples challenge us to have these same kingdom desires in our hearts and kingdom service in our lives.

We noted that we are to seek and serve Him with “all” our hearts, and that we fall far short in these areas. Finally, because of God's great love for us, it is safe to bring all our sin and wounds to Him. The last two lifeline Heart Labs, fear and bitterness, prepare us for the repentance process that follows in the next chapter.

# Chapter 5

# Repentance

## Preview

When we trust God to bring forgiveness and healing into our hearts and lives, we are ready to move into repentance. This chapter is structured differently from the previous ones. The first half of this chapter will explore some biblical examples of sin, repentance, confession, and crying out to God. Seeing these examples puts us in a posture of becoming spiritually attuned to what God is saying about the condition of our hearts.

The second half of this chapter will be completed in preparation for, and participation in, an extended four-hour retreat. Self-evaluation of our pilgrimage process and growth up to this point will help lead us to asking for God's forgiveness. We will surrender our wrong desires, beliefs, fears, and faith, along with overt sins, to God. These things (our rocks) will be brought before God to allow His healing to occur.

## Heart Story

### Traveling Light

Karen and I (Keith) love to go backpacking. When I think about the load on my back, it reminds me of how spiritually we carry backpacks that weigh us down. Here are some things I've found in my spiritual backpack that hinder my repentance.

I thought I could enter and realize the pilgrimage goal with only minor modifications in my life. It's as if I carry a backpack filled with things I include on my journey. The pilgrim must be able to respond quickly and carry a light load due to the battles he must face. I thought I could keep my pre-occupation with watching sports, keep the convenience of being comfortably introverted, keep my comfort standards of resting in privacy when I wanted and as long as I wanted, keep my commitment to entertainment and distraction, and keep my pride that kept people at arm's length. But these were things the Lord revealed as weighing me down and getting in the way of my pilgrimage. They were heavy in my backpack and needed to be removed and left behind. There are many things we fill our backpacks with, things we love that are kept within our hearts: anger, bitterness, control issues, impatience...all common to man but inefficient for the true pilgrim. As I searched my heart, the Lord revealed these things. I had to come to grips with them. I tried to deal with some of these things on my own: I would confess these sins, but it was only "apologizing." I wasn't serious about having them removed from me. I wasn't serious about my pilgrimage. That's what true confession and repentance

## Session 8 Assignment

1. Read Chapter 5, pages 127-143, and complete the exercises.
2. Complete Heart Labs #17-20.
3. Memorize Mark 10:30-31.

## Pilgrim Guide

The Lesson Plan for Session 8 is on page 40 of the *Leader's Guide*.

is all about: going to the Lord through fasting and prayer, seeking His face, getting my heart positioned correctly so the Lord could see I wanted the pilgrimage at all cost, and to travel light. He removed these things from my backpack and the load became much lighter. I could see things more clearly, respond to His calling quicker, and find I was able to do His will in my life 10 times greater than what I was able to do before. What are you carrying in your backpack? Is it a heavy load?

### **Karen's Backpack**

Somewhere along the way, I began picking up an “I can do it all” attitude. Whether it came from my lack of trust or from control issues, I am not sure. But I know it is a heavy rock within my backpack that kept me off-balance and in danger of tipping over when the pilgrimage became steep and narrow. So, I began counter-balancing...adding to the already overloaded backpack I carried with more spiritual activities and sacrifices. I figured if my backpack leaned too much to the right, I might go right over the edge. Therefore, without even thinking about it, I added this spiritual activity to the left side of my pack as an insurance against failing. I remember the exact point that God decided He would unload this cumbersome pack from my heart. We had three children, two in High School and one in Middle School I did all of our personal consulting office tasks and took on a part time job from eight to three every day. The adjustments were huge the first two weeks and I was exhausted physically and emotionally. I received calls from both of our parents saying they would like to come for a visit and their timing would be back to back for about two weeks. I remember standing in the kitchen at the counter that evening, looking up to heaven and asking God in anger and frustration: “Are you trying to kill me or what?” His response was very clear and stopped me in my tracks: “Exactly.” He had decided it was time to put an end to all the balance/counter-balancing I was trying to do. He had decided that my backpack needed to be unloaded and I was to be set free of my over-activity that hid heart attitudes of anger, bitterness, and martyrdom! He was going to teach me that a free heart was what He desired. I am on a whole new pilgrimage now and I get it! He is dealing with the little rocks of judgmental thinking, self-righteousness, and bitterness and He is not allowing me to cover it up with spiritual disciplines. His load is easy and His burden is light as I allow the heart surgery to take place and live out of my freed heart with peace, joy and thankfulness. Do you find yourself buried in spiritual activities but lacking the peace and joy of God in your thought life? After a long and frustrating heated discussion on some inane offense, Keith asked me: “What do you really want?” My response surprised me: “I just want some peace.” What God has revealed is: so does He. He wants peace in my life. I have just refused to deal with the rocks in my backpack. Now, the game is up; the contents are being spilled out and sorted through. What is being put back in my backpack is light and joy—and I am actually free to move up and out on the pilgrimage with more endurance and impact than I have ever experienced before. His power is creating more fruit than I could ask for or imagine!

## Introduction

God is so good to us, and we fail to recognize just how good. We can not even begin to comprehend the blessings for the Christian spoken of in Scripture. (Refer to *God's Blessings of Pilgrimage* beginning on page 55 to review the incredible blessings He brings to us.) Yet how many of these blessings do we really know? And more importantly, how many do we fully experience because of our divided love and devotion to Him?

God gives us reasons to live a life totally entrusted to Him. Why aren't we aggressively seeking on a daily basis to be in His presence, hear His voice, and know His plan? We want to possess these blessings and they are ours as long as our hearts are fertile ground. They will give us an unquenchable desire to walk that deeper walk with Him. He promises us every spiritual blessing: prospering, love, straight paths, forgiveness, eternal life, food, clothing, shelter, strength, safety, security, peace, power, joy, honor, hope, help when tempted, a shield, guidance, etc.

These promises are ours, now and in eternity with Him. What does He desire? His desire is undivided devotion. To the degree that we have undivided devotion, we will know fruitfulness and overflowing in our lives and the lives we influence. You should be experiencing more of this as a result of your dwelling in Him.

The real value of having our hearts transformed is the intimacy between God and us. Nothing will ever compare to being one with Him. Jesus states how the Father and the Son dwell in each other (John 17).

Paul speaks to us about those who have lived with divided heart motivations, "you are still worldly" (1 Corinthians 3:3) and goes on to illustrate:

For no one can lay any foundation other than the one already laid, which is Jesus Christ. If any man builds on this foundation using gold, silver, costly stones, wood, hay or straw, his work will be shown for what it is, because the Day will bring it to light. *It will be revealed with fire and the fire will test the quality of each man's work.* If what he has built survives, he will receive his reward. If it is burned up, he will suffer loss; he himself will be saved, but only as one escaping through the flames. (1 Corinthians 3:11-15)

What will our reward be here on earth and in Heaven? What are we holding back from God?

This is the challenge and choice we each have before us. James 4:14b tells us, "You are a mist that appears for a little while and then vanishes." God is calling us and giving us every reason possible to hold nothing back but to give everything to Him. So walk courageously and boldly, have faith that our God will not cheat us but give us more than we could ever want. So, as we enter into this repentance event, we reject the divided heart motivations of the past and reach for wholeheartedly for His future for us.

## What is the Repentance Event?

During the three-day fast prior to the Repentance Retreat, we will contemplate all former studies and Heart Labs, praying that we hear God speak to us about what He wants changed in our hearts and lives. The final day of our fast, we will invest a minimum of four hours with the other members of our group at the Repentance Retreat. During the retreat, we will have two hours alone with God reviewing the Heart Labs, considering Scripture, and confessing our sins. Then, with authentic repentance, we ask God to heal sin patterns in our lives. As our hearts are being purified, we will ask the Lord to give us a plan as to how to live differently before and in Him. This will be recorded in our “Dear Jesus Letter.” We will conclude the retreat with communion, breaking the fast with a meal, sharing what the Lord has revealed and praying for each other to be transformed.

## Being Jesus’ Disciple

Throughout the Heart Transformation process, we are discovering the commitment needed to be God’s man/woman. To prepare for our repentance, look closely at Jesus’ words as He pointed out the cost of following Him. Read Luke 14:25-35 and answer the questions below:

1. What does it mean to “hate his father and mother, his wife and children, his brothers and sisters—yes even his own life?” \_\_\_\_\_  
\_\_\_\_\_
2. What do you think it means to “carry your cross and follow me”? \_\_\_\_\_  
\_\_\_\_\_
3. What is the point of the tower illustration and then the war illustration? \_\_\_\_\_  
\_\_\_\_\_
4. What do you think “giving up everything” means? \_\_\_\_\_  
\_\_\_\_\_
5. What is the meaning of the salt illustration? \_\_\_\_\_  
\_\_\_\_\_
6. What is the Lord communicating to us in these verses? \_\_\_\_\_  
\_\_\_\_\_
7. What does this mean about you and what is God saying to you? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

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## Heart Lab #17

### Who Owns My Life and to Whose Glory is it Lived?

Rate each area below.

	Me	God		Me	God
Work/career	1 2 3 4 5 6 7 8 9 10		Hobbies/amusements	1 2 3 4 5 6 7 8 9 10	
Marriage	1 2 3 4 5 6 7 8 9 10		Goals	1 2 3 4 5 6 7 8 9 10	
Children	1 2 3 4 5 6 7 8 9 10		Dreams	1 2 3 4 5 6 7 8 9 10	
Finances/giving	1 2 3 4 5 6 7 8 9 10		Sharing the gospel	1 2 3 4 5 6 7 8 9 10	
Friends	1 2 3 4 5 6 7 8 9 10		Caring for co-workers	1 2 3 4 5 6 7 8 9 10	
Extended family	1 2 3 4 5 6 7 8 9 10		Free time	1 2 3 4 5 6 7 8 9 10	
Exercise	1 2 3 4 5 6 7 8 9 10		Possessions	1 2 3 4 5 6 7 8 9 10	
Eating/drinking	1 2 3 4 5 6 7 8 9 10		Successes	1 2 3 4 5 6 7 8 9 10	
Fears	1 2 3 4 5 6 7 8 9 10		Talents/gifts	1 2 3 4 5 6 7 8 9 10	
Emotions	1 2 3 4 5 6 7 8 9 10				

What impressions did you have?

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What conclusions did you draw?

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## Heart Lab #18

### Living All for Him

Read each row across the page and reflect upon the statements. In each row, mark which statement most reflects where you are.

If I am living all for Him	If I am not living all for Him	Secular thinking
I pray throughout the day in all situations.	I pray when it is convenient.	I believe in a higher power.
I am operating with His power.	I operate mostly in my own power.	Whatever the mind can conceive and believe, it will achieve.
I look for and seize spiritual opportunities that please God.	I seize human opportunities that please me.	I seize every opportunity.
Human setbacks do not bother me.	I get disillusioned, disappointed, and depressed.	Every setback is an opportunity.
I see things from God's perspective.	I see things from a divided heart perspective.	I see things from a human perspective.
I am living beyond my own ability by the power of the Holy Spirit.	I am using my own ability and asking God to join me.	I live life to my full potential.
I give God all the praise.	I am busy receiving praise and giving it to others.	I look for praise and to be recognized.
I give God all the thanks.	I am thankful on the holidays.	I send thank you cards to all, I'm polite.
Human frailties do not upset me (traffic, bad service, ineptness).	I get frustrated and distracted to the point of anger.	There is no excuse for ineptness—anger and rage result.
Hypocrisy and evil grieve me.	I am saved; I am comfortable.	Do not be so narrow.
Persecution is accepted with joy.	I complain; life is unfair.	Be tough minded, stand up for yourself.
I put others interests before my own.	I do my duty—my share.	Everyone for himself/herself.
I worship throughout the day, and on Sundays.	I worship when reminded.	Positive mental attitude, I need time for me.
I desire to be righteous and please Him.	I am grudgingly obedient.	I want to leave this world a better place and leave my mark.

I forgive, with God's help.	I hold grudges and carry bitterness, but no one knows.	Ignore the unlovable. Walk away, they are not worth the effort.
I repent, not regret.	I regret and do not change.	I can change my behavior; I will try harder next time.
All my hopes are for God's kingdom.	I have many hopes and dreams for comforts and success.	My hopes and dreams are visualized daily.
I give of all my resources for God's kingdom.	I give what is required.	I can make the world a better place by giving.
I love throughout the day, anonymously.	I want to be loved.	Love is a 50/50 deal. If I am not getting my share, forget it.
I exhibit the fruit of the Spirit.	I'm frustrated, anxious, and wondering where God is.	Attitude is everything.
I agonize over the lost and pray for them. I seize opportunities.	I pray for the lost in my world as I am reminded.	I talk to God.
People recognize my joy and know that it overflows from God.	People recognize that I am interested in spiritual things.	I go to church on Christmas and Easter.

What did this Heart Lab reveal about your heart?

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## Two Examples of Living All for Him

### Abraham (Genesis 22:6-18)

When God spoke to Abraham, He asked him to offer the very hope of his future as a sacrifice, Isaac (Genesis 22:2). Without Isaac, how could the promise of Abraham's descendants be fulfilled (Genesis 12:2)? Yet, God knew exactly what He was asking—God was testing Abraham's heart. Abraham had compromised several times previously because of the fear within his heart (Genesis 20:2). He lied about Sarah being his sister and not his wife. Now, Abraham would not question. He would respond immediately and without hesitation to the revealed will of God. At all cost, he would make sure his heart was pure. He would trust His God completely. Abraham went in obedience to the revealed will of God, giving us a great example of unquestioning faith. God was dealing with his heart and Abraham let God do it! His faith surpassed his fear. He was a changed man from the

inside out! The fruit of his actions was far greater than he had hoped (Genesis 22:16-18). Because he had not withheld, because he had not justified, because he did not question God's ability, God would bless him and multiply his seed as the stars of the heavens and as the sand which is on the seashore. His seed would possess the gates of their enemies and in his seed all the nations of the earth would be blessed—because He obeyed God's voice.

Abraham heard the voice of God, responded, surrendered and received blessing. Can we do no less? Are we prepared to place on the altar: our sins, desires, fears, wrong beliefs and wounds?

### **D.L. Moody**

Moody was concerned about the compromised spirituality of missionaries being sent out in the field. He stated: "The world has yet to see what God can do through a man wholly surrendered to Him. By the grace of God, I will be that man."

It is not what we can do for God; it is what God will do for us and through us when we have a fully devoted heart. He is waiting for such men and women. And when God finds them, He will show himself strong on their behalf. "For the eyes of the Lord move to and fro throughout the earth that he may strongly support those whose heart is completely his" (2 Chronicles 16:9).

We must never forget that it is not what we can do for God; it is what He will do for us and through us that glorifies Him. We must seek to cleanse our hearts of anything that competes with Him. There must be that altar in our lives upon which we have laid our intellect, emotion, and will, if God is to use us as His tried and trusted servants.

## **A Look at Sin**

How does God define sin? The Greek definition of sin means a "falling away from" or "missing" the right path. The underlying idea of sin is that of law and of a lawgiver. The lawgiver is God. Hence, sin is everything in the disposition and purpose and conduct of God's moral creatures that is contrary to the expressed will of God.

State what you learn about sin from the verses below.

1. Romans 3:20 \_\_\_\_\_  
\_\_\_\_\_
2. Romans 7:7 \_\_\_\_\_  
\_\_\_\_\_
3. James 4:12 \_\_\_\_\_  
\_\_\_\_\_
4. James 4:17 \_\_\_\_\_  
\_\_\_\_\_

Sin is “against” God, even when we do wrong to others or ourselves (Genesis 39:9; Psalm 51:4). Sin in its nature is egotism and selfishness. Self is put in the place of God.

5. Romans 15:3 \_\_\_\_\_

6. 1 Corinthians 13:5 \_\_\_\_\_

7. 2 Timothy 3:2 \_\_\_\_\_

Anything in opposition to loving God wholeheartedly is self-focused and is at the root of all disobedience, expressing hostility to God and colliding with His law. Sins of commission and omission differ only on the surface. Both fall short of experiencing God’s love and intimacy and can occur in our thoughts (1 John 3:15), words (Matthew 5:22), and deeds (Romans 1:32).

We need to have a hatred of sin because it deprives us of full intimacy in our relationship with God and others. It limits blessing and healing in our lives. Dealing with sin can be seen as a process of:

1. Seeing heart motivations and core issues as God sees them (Psalms 97:10, 101:4; Proverbs 8:13; Ezekiel 14:6, 20:43; Romans 12:9).
2. Expressing deep sorrow for sin, deep grief (Psalm 38:18; Matthew 26:75; 2 Corinthians 7:9-10).
3. Confessing sin (Psalm 32:5; 1 John 1:9). Confessing means to covenant not to return to the sin.
4. Turning away from sin, a change of mind, a change of heart, a change in the course of our lives (Proverbs 28:13; Matthew 3:8; Acts 20:21).
5. Restitution, doing what is right, and correcting what is wrong when possible (Luke 19:8-10).

Sin is in the outward life, but it begins in the inward life of our hearts. We reflect outwardly what our heart fears, desires and truly believes. A person will have limited success if they repent of an outward sin but do not deal with the core issues and underlying motives that are the root of the sin. For example, bitterness is a common cause for many outward sins. We must deal with the bitterness in order for us to be freed of the sin patterns. Therefore, we must confess and repent of the bitterness and core issues that lie within each of us to be healed of the sin.

## Heart Stories

### Bitter Heart

After coming to an understanding of bitterness, a woman in Rwanda confessed to her small group that she had been badly scarred during the upheaval in her country. Although she was in Christian ministry, she confessed that she had been plotting revenge in her heart for a long time. Jesus dealt with the wound and with her bitterness. She received His healing and confessed that she no longer desired revenge. She was freed and able to give that emotion and place in her heart to the Lord to fill, empower and overflow to those around her. What a blessing.

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### Heart Lab #19

#### Sins in My Heart

Review the Scriptures below. Identify and list the sins you struggle with in these passages.

Luke 21:34

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1 Corinthians 6:9-10

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Galatians 5:19-21

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Colossians 3:5-9

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James 1:26; 2:1-4, 9, 13, 16; 3:2, 6, 13-14; 4:3, 6, 10; 5:5

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Now, consider your list. How is God convicting you of your sins? What sins or sin patterns in your life do you want to change? List them here:

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## Journal Response

Please reflect on the consequences of these sins in your life and in the lives of those around you.

Sin must be dealt with if we want God to hear us and respond to our prayers. Psalm 66:18 tells us that if we cherish sin in our heart, God will not hear our prayers. James 5:16b offers, “The prayer of a righteous man is powerful and effective.”

We have been set free from sin if we choose to confess and repent and turn to God. Paul in Romans 6:22 tells us, “But now that you have been set free from sin and have become slaves to God, the benefit you reap leads to holiness, and the result is eternal life.”

It seems quite simple, and we sometimes take this sin problem lightly. It is not that we do not actually express confession, but we truly do not understand repentance. True repentance will lead us to living according to the Spirit and being preoccupied with a changed mind of living in and for Him, rather than in and for ourselves. So, we encourage you to prepare your heart for repentance. Repentance leads to radical change.

## A Look at Repentance

Repentance is not an “apology” to God but an admitting that we are wrong, and hating the sin that separates us from Him.

1. What does it say about the heart in relationship to repentance in the following verses?

...and if they have a change of heart in the land where they are held captive, and repent and plead with you in the land of their conquerors and say, “We have sinned, we have done wrong, we have acted wickedly”... (1 Kings 8:47)

Therefore, O house of Israel, I will judge you, each one according to his ways, declares the Sovereign LORD. Repent! Turn away from all your offenses; then sin will not be your downfall. Rid yourselves of all the offenses you have committed, and get a new heart and a new spirit. Why will you die, O house of Israel? For I

Strong’s Concordance:  
Repentance comes from *metanoeo*; to think differently afterwards, i.e. reconsider (morally, feel compunction):

1. to change one’s mind (heart).
2. to change one’s mind (heart) for the better, to amend heartily with abhorrence of one’s past sins.

take no pleasure in the death of anyone, declares the Sovereign LORD. Repent and live! (Ezekiel 18:30-32)

From that time on Jesus began to preach, “Repent, for the kingdom of heaven is near.” (Matthew 4:17)

For John came to you to show you the way of righteousness, and you did not believe him, but the tax collectors and the prostitutes did. And even after you saw this, you did not repent and believe him. (Matthew 21:32)

“The time has come,” he said. “The kingdom of God is near. Repent and believe the good news!” (Mark 1:15)

I tell you, no! But unless you repent, you too will all perish. (Luke 13:3)

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2. What are the blessings of repenting as seen in these verses?

Peter replied, “Repent and be baptized, every one of you, in the name of Jesus Christ for the forgiveness of your sins. And you will receive the gift of the Holy Spirit.” (Acts 2:38)

Repent, then, and turn to God, so that your sins may be wiped out, that times of refreshing may come from the Lord. (Acts 3:19)

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3. What are the penalties for not repenting?

Remember the height from which you have fallen! Repent and do the things you did at first. If you do not repent, I will come to you and remove your lampstand from its place. (Revelation 2:5)

Remember, therefore, what you have received and heard; obey it, and repent. But if you do not wake up, I will come like a thief, and you will not know at what time I will come to you. (Revelation 3:3)

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4. What is included in the process of repenting?

The rest of mankind that were not killed by these plagues still did not repent of the work of their hands; they did not stop worshipping demons, and idols of gold, silver, bronze, stone and wood—idols that cannot see or hear or walk. Nor did they repent of their murders, their magic arts, their sexual immorality or their thefts. (Revelation 9:20-21)

They were seared by the intense heat and they cursed the name of God, who had control over these plagues, but they refused to repent and glorify him....and cursed

the God of heaven because of their pains and their sores, but they refused to repent of what they had done. (Revelation 16:9, 11)

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5. What do you learn about the unrepentant in the two passages above?

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6. Review all the above passages. What is the most important thing God is saying to you through these Scriptures?

## A Look at Confession

Confession is agreeing with God and admitting we are wrong. Explore some of scriptural elements of confession.

- The Law shows us we are wrong. Confession of sins was written into the Law of Moses given to the Israelites. The Law detailed many examples of sin and the process to make amends. Part of this process involves confession, as seen in Leviticus 5:5, “When anyone is guilty in any of these ways, he must confess in what way he has sinned.” Additional examples are Leviticus 16:21; 26:40, and Numbers 5:7.

- In preparing to take action for God, we should make sure that all sin is cleared away. Many years later, the Israelite remnant under Ezra and Nehemiah were allowed to return to their land. When Nehemiah prepared to rebuild the city walls in Jerusalem, he confessed the sins of the people before God: “... I confess the sins we Israelites, including myself and my father’s house, have committed against you” (Nehemiah 1:6).

- Not confessing hurts ourselves and those around us. In Psalm 32:3-4 David gives a powerful picture of failure to confess sin. “When I kept silent, my bones wasted away through my groaning all day long. For day and night your hand was heavy upon me; my strength was sapped as in the heat of summer.”

- Contrast the above word pictures with the blessings of confession leading to forgiveness in the following two Scriptures. “Then I acknowledged my sin to you and did not cover up my iniquity. I said, ‘I will confess my transgressions to the LORD’—and you forgave the guilt of my sin” (Psalm 32:5). “Blessed is he whose transgressions are forgiven,

Confess comes from *Homologeō*:

1. to say the same thing as another, that is, to agree with, to assent
2. to concede
  - a. not to refuse, to promise/covenant
  - b. not to deny: to confess, to declare, to confess, that is, to admit or declare oneself guilty of what one is accused of

whose sins are covered. Blessed is the man whose sin the LORD does not count against him and in whose spirit is no deceit” (Psalm 32:1-2).

- Confessing sin and the prayers of others sets the stage for healing. In the New Testament, we are given the assurance of Jesus’ forgiveness as we confess our sins and the value of confessing sins to one another. “Therefore confess your sins to each other and pray for each other so that you may be healed” (James 5:16). “The prayer of a righteous man is powerful and effective” (1 John 1:9).

- Confessing involves the emotions of relationship. The strong emotions David displayed in Psalm 32 show that confession is not a simple act of checking off sins before God. The emotions of coming before God with our sin are explored in the next section.

## Crying Out to God

The words, cry, cried, and crying out appear throughout the Bible, but we will find many examples in the psalms, most by David himself. Return to a pivotal psalm we explored in Pilgrimage: Psalm 86. David prays, “Hear, O Lord” (verse 1), “I call (cry) to you” (verse 3), “I lift up my soul” (verse 4), and “Listen to my cry for mercy” (verse 6). Some other psalms of David where he cries out:

Listen to my cry for help, my King and my God, for to you I pray. (Psalm 5:2)

The LORD has heard my cry for mercy; the LORD accepts my prayer. (Psalm 6:9)

Hear my cry for mercy as I call to you for help, as I lift up my hands toward your Most Holy Place. (Psalm 28:2)

1. What is crying out? \_\_\_\_\_  
\_\_\_\_\_

2. Why cry out? \_\_\_\_\_  
\_\_\_\_\_

3. How does one cry out?

The righteous cry out, and the LORD hears them; he delivers them from all their troubles. (Psalm 34:17)

He fulfills the desires of those who fear him; he hears their cry and saves them. (Psalm 145:19)

\_\_\_\_\_

4. What promise do these two psalms reveal to us? \_\_\_\_\_  
\_\_\_\_\_

Look at the biblical characters, Nehemiah and Jonah, and discover how they cried out to God. Read Nehemiah 1:1-11.

5. How did Nehemiah cry out to God? \_\_\_\_\_

\_\_\_\_\_

6. How did these emotions and desire show Nehemiah's heart? \_\_\_\_\_

\_\_\_\_\_

Read Nehemiah 2:1-3.

7. How did Nehemiah respond to the king? \_\_\_\_\_

\_\_\_\_\_

Read Nehemiah 2:4-9.

8. How did God answer Nehemiah? \_\_\_\_\_

\_\_\_\_\_

9. What can we learn from Nehemiah's example? \_\_\_\_\_

\_\_\_\_\_

Jonah's heart example of crying out, repentance and obedience are a testimony to the fruit that God can bear when we fully align ourselves with Him. As Jonah disobeyed God and ran away from his assignment to preach to the Ninevites, God caused a great storm to threaten the ship he boarded. It is here that Jonah exhibits crying out to God. Jonah confessed and told the crew to throw him overboard. God then provided a big fish to swallow Jonah and save him.

Read Jonah 2:1-6 to see Jonah's prayer inside the fish.

10. How did Jonah cry out to God? \_\_\_\_\_

\_\_\_\_\_

Read Jonah 3:1-4 to see how God gave Jonah a second chance.

11. What did Jonah do in Nineveh? \_\_\_\_\_

\_\_\_\_\_

Read Jonah 3:5-10 to see how the people respond.

12. How did the people respond? \_\_\_\_\_

\_\_\_\_\_

13. What did God do then? \_\_\_\_\_

\_\_\_\_\_

14. What can we learn from Jonah's life and message to the Ninevites? \_\_\_\_\_

\_\_\_\_\_

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## Heart Lab #20

### Discovering Your Heart, Part 2

Now we return to the questions we explored in *Heart Lab #12: Discovering Your Heart, Part 1* (page 98). Answer the questions as to where your heart is now. Compare both lists. In what areas have you seen heart transformation?

1. How do you know you have a passion for something, a heart that yearns?

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2. On what do you invest the majority of your discretionary time?

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3. On what do you spend your money?

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4. On what is the majority of your thought life spent?

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5. What dreams and goals would you be disappointed in not achieving?

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6. What do you thirst and long for the most?

Tangible

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Intangible

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7. What things do you struggle with that keep you from yearning for what you should?

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8. For what do you want your heart to yearn?

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Why doesn't it yearn for it now?

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9. What is your plan to get your heart on track with what you want it to be impassioned?

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Why should your heart be so impassioned?

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As we prepare to go before God in repentance, it is important for us to recognize our progress from earlier in our pilgrimage. Complete the Heart Lab and then turn back to page 98, the first time you did this lab, and compare your perspectives.

## Repentance Conclusion

### God Hears, Heals and Answers Prayer!

If my people, who are called by my name, will humble themselves and pray and seek my face and turn from their wicked ways, then will I hear from heaven and will forgive their sin and will heal their land. (2 Chronicles 7:14)

As we are about to enter into our repentance retreat, it is essential for us to believe that God hears and heals. We have been working up to this point of recognizing and knowing what is in our hearts—there is not *anything* in our hearts that God cannot forgive. We have lived with the pain, lies, and brokenness long enough.

Continue to supplement your reflections using your journal. ✍️ Journal about any wounds and sins you are preparing to surrender to God.

## Session 9 Assignment

1. Review Chapter 5, pages 127-143, including the exercises, and read pages 144-149.
2. Review all previous Heart Labs, and complete Heart Labs #21 and 22. Heart Lab #23 will be completed during the retreat.
3. Memorize Psalm 51:4.
4. Journal in preparation for the retreat. Record your thoughts about your previous Heart Labs.
5. During your three-day fast, spend time daily in prayer and contemplation.

## Pilgrim Guide

The Lesson Plan for Session 9 is on page 43 of the *Leader's Guide*.


# Preparing for the Repentance Retreat

The Repentance Retreat is a four-hour (or longer) session. In preparing for the retreat, each pilgrim is to fast for three days and spend daily time in prayer and contemplation. Use your journal to review your progress and further reflect on your journey. During the three-day fast, you are to complete Heart Labs #21 and 22. *Heart Lab #23: Dear Jesus Letter*, will be completed during the retreat. Please review the Repentance Retreat process that is based on Nehemiah (page 148).

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## Heart Lab #21

### Healing Your Wounds Summary

Isaiah 61 proclaims that Jesus has come to heal our broken hearts and set the captives free. Use this summary Heart Lab to compile what you have learned about your wounds and which wounds you are bringing before God during your Repentance Retreat. There is more room in this Heart Lab to write about multiple wounds. If you feel led to list more than one wound, use Wound #1, #2, etc. to record each step for each wound. Use your  journal for additional thoughts.

Use your Lifeline (page 46) to review your wounds. Here are the locations of the six *Healing Your Wound* Heart Labs:

- Deceit/Masks (page 48)
- Shame (page 61)
- Loss/Grief (page 87)
- Anger (page 94)
- Fear (page 114)
- Bitterness (page 124)

1. Define a *theme(s)* or the core issue of the wound. What lies beneath the wound?

Wound #1 \_\_\_\_\_

Wound #2 \_\_\_\_\_

Wound #3 \_\_\_\_\_

2. Define the *lie*. Satan wants you to believe that your wound will never be resolved. So he causes you to believe a lie that deceives the heart. What is the lie you are believing?

Wound #1 \_\_\_\_\_

Wound #2 \_\_\_\_\_

Wound #3 \_\_\_\_\_

3. *Define your self-protective strategies.* These are reactions or thought patterns used to protect our hearts from any more pain. What self-protective strategies have you used?

Wound #1

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Wound #2

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Wound #3

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4. All of the above techniques led to *making a vow* by which you have lived your life. What vow have you made?

Wound #1

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Wound #2

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Wound #3

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5. What is it that you hate about this wound and the impact it has had on your life?

Wound #1

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Wound #2

---

Wound #3

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6. As you reflect on your wound, remember Jesus can heal your pain. Are you ready for Jesus to heal this in your life? If so, picture the wound. Can you feel the pain? Where do you feel it in your body?

Wound #1

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Wound #2

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Wound #3

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7. Ask Jesus into that painful place. Ask Him to heal the pain. Wait on Him. What happened? Are you cleared of it?

Wound #1

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Wound #2

---

Wound #3

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8. Rejoice in what God is doing. Record it here.

Wound #1

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Wound #2

---

Wound #3

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# Satan's Strategies Keep Us from Receiving and Embracing All of God

This final Heart Lab before the retreat will give you the opportunity to summarize observations from the previous Heart Labs. You have already completed summarizing your wounds. These additional descriptions can help you see your sin in other ways: sin patterns, addictions, and core issues related to your sin, or additional ways God's Spirit is helping you clearly address your sin problem. Use the questions to refine what you will bring before God during the retreat. Note: If you feel ready to repent and turn your sin over to God at any time before the retreat, please do! Receiving forgiveness in one area (one rock) will allow you to repent in other areas (other rocks). Praise God!

---

## Heart Lab #22

### Satan's Strategies Keep Us from God

This Heart Lab will help you organize what you have learned about your heart. Review the previous Heart Labs and use that information to identify the sins or sin patterns of your heart. List them under each category below.

Unresolved wounds

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Wrong desires

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Wrong fears

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Wrong beliefs

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Overt sin

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Complacency and apathy

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From the above categories, select one or two items you want to bring before God. Use the questions below to identify and clarify what you are surrendering to God in repentance.

1. What one or two things most hinder your intimacy with God?

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2. What have been the consequences of your sin?

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3. Why are you continuing to sin?

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4. Before God, about what are you humiliated?

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5. How does Satan use humiliation?

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## Repentance Retreat Event

The objective of the retreat is to pray, hear God’s voice, and share with each other. There will be some group heart preparation time as the guide reads two exercises. The majority of time (two hours minimum) will be spent alone with God. During this alone time, we will reflect on Nehemiah’s example as we read, pray, confess, and praise God for healing. We will also be guided to complete *Heart Lab #23: Dear Jesus Letter* during this time.

The fast generally is broken at the end of the Repentance Retreat by having a meal together. The group will share communion and you will have the opportunity to share what the Lord has revealed to you. The retreat will conclude with a time of confession and a chance to pray for one another for continued heart healing.

## Repentance Retreat Format

As we have observed, Nehemiah was a man who cried out to God. Because he genuinely sought God, he saw His mighty hand work miracles and sustain victory. We look to him as an example of how to approach God.

Nehemiah's Example	My Personal Application
1. “The state of the nation” —the truthful statement of Israel’s condition. The walls were broken down, they were vulnerable to attack, in trouble and disgrace (Nehemiah 1:3).	1. Complete the first part of <i>Heart Lab #23 Dear Jesus</i> (page 150) under the heading <i>Present Position</i> . This should be a “condition of my life” statement. Be honest with God, state whatever expectations, fears, disappointments, troubled relationships, and sin patterns, etc. are on your heart today.
2. Nehemiah sat down and wept, mourned, fasted and prayed (Nehemiah 1:4).	2. Ask the Holy Spirit to speak to you. Pray for the Lord to reveal your heart and its motivations in these areas of concern. Ask for guidance into the core fear, belief, or desire that is causing the situation.  <b>Scriptures to help you:</b> <ul style="list-style-type: none"> <li>• Psalm 84</li> <li>• 1 Corinthians 13 (truth)</li> <li>• John 4:24; 14:17 (truth)</li> <li>• Matthew 20:32</li> <li>• Mark 10:36, 51</li> <li>• Luke 18:41</li> <li>• John 5:6</li> </ul>

Nehemiah's Example	My Personal Application
<p>3. Nehemiah recognized God's character: great, awesome, a faithful promise keeper (Nehemiah 1:5).</p>	<p>3. Celebrate who God is!</p> <p><b>Scriptures to help you:</b></p> <ul style="list-style-type: none"> <li>• Psalm 103</li> <li>• Isaiah 54</li> <li>• Lamentations 3:21</li> <li>• 1 Peter 5:11</li> <li>• Psalm 38:15, 21, 22</li> </ul>
<p>4. Nehemiah confessed sin for himself and others (Nehemiah 1:6).</p>	<p>4. Confess and repent of sin. Use previous Heart Labs for guidance.</p> <ul style="list-style-type: none"> <li>• Review <i>Heart Lab #21: Healing Your Wounds Summary</i> (page 144).</li> <li>• Review <i>Heart Lab #22: Satan's Strategies Keep Us from God</i> (page 146).</li> </ul> <p><b>Scriptures to help you:</b></p> <ul style="list-style-type: none"> <li>• Galatians 2:20</li> <li>• Psalm 38:8, 15, 18</li> </ul>
<p><b>Stop • Listen • Pray • Ask Jesus in for healing</b></p>	
<p>5. Nehemiah pleads for success and is confident that things are right with God (Nehemiah 1:11).</p>	<p>5. Hear God's Answer. Return to <i>Heart Lab #23: Dear Jesus Letter</i> and complete the section, <i>God's Calling</i>. This is your "Heart for Life" statement, your main point, and your commitment to God alone. No one will ever see this unless you choose to share it.</p> <p><b>Scriptures to help you:</b></p> <ul style="list-style-type: none"> <li>• Acts 6</li> <li>• Psalms 17:3; 25:18; 32:5-6; 36:2; 38:18; 41:4</li> <li>• Psalm 51; 65:3; 66:17-19; 69:5; 90:8</li> </ul>
<p>6. The people celebrate the rebuilding of the wall and the restoration of worshipping God (Nehemiah 8:9-12). In their worship they confessed their sins and praised God (Nehemiah 9:3-6).</p>	<p>6. Return to <i>Heart Lab #23: Dear Jesus Letter</i> and complete the section, <i>Hearing God's Answer</i>. Then spend time in worshipping God for His greatness! Write a prayer of praise in the Praise Response section of the Heart Lab, and read this prayer as praise to God!</p>

May the Lord bless your time with His presence and the power of the Holy Spirit!

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## Heart Lab #23

### Dear Jesus Letter

Dear Jesus,

This is how I would like my life to change.

1. Present Position: Condition of My Life

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2. God's Calling: "Heart for Life" Statement

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3. Hearing God's Answer

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4. Praise Response: Thanksgiving to Jesus for Heart Healing

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## Chapter 6

# Kingdom Living

### Preview

#### Know • Be • Do

We will look at God's purpose and hope for our Christian lives—kingdom living and kingdom building. We have implemented an uncommon commitment in the journey of our hearts to the sacred destination of God's presence. We have increased our intake of truth about our hearts and lives. We have trusted God with our desires, beliefs, and fears. We have repented of those things that filled our hearts and lives which displaced God's love. We will now seek to understand the corporate and individual call of God on each of us: to live for Him and His kingdom. There are three parts in discovering this purpose: *Know God and His Kingdom*, *Be Kingdom Livers*, and *What Kingdom Livers Do*.

### Heart Story

#### Blinded Spiritually

An African pastor and national ministry leader shared that he has been in the pastorate for 18 years as well as leading a spiritual movement in his country. He teaches from the pulpit and ministers tirelessly. He is admired by his peers and congregants. However, this pastor discovered he had segmented his life and realized that he did not love the Lord with "all" his heart. He changed his view of spiritual life and ministering to others. "It changes everything," he said, "and I am excited about the fruit it will bear in me and in others."

#### Kingdom Lifestyle

Our pilgrimage has encouraged us to be more fully devoted to God, receiving and living more truth, and trusting Him with more of our hearts than ever before. We have laid our wounds and sin patterns on the altar and received healing.

This chapter will explore the kingdom of God—how we are to live in it and for it. We must bring all we have studied and experienced together, seeing how God wants to lead our lives. As a result of our healing, we have made room in our hearts for greater filling of His presence and love. The objective is to be "full," dwelling "in" Him! (Refer to Power Pipeline #3, page 26.) Applying all this practically is challenging when it comes to habits and behaviors. Here is a simple process that will assist you in remaining "in Him." The cyclical process has three parts that will explore different aspects of the kingdom lifestyle.

### Session 10 Assignment

1. Read Chapter 6, pages 151-167, and complete the exercises.
2. Complete Heart Lab #24.
3. Memorize Luke 11:3 and Acts 1:8.
4. Journal—"How I am free as a result of God's healing power" and "kingdom moments."

### Pilgrim Guide

The Lesson Plan for Session 10 is on page 48 of the *Leader's Guide*.

All three parts must be operational.

- If we only seek for to know, it will leave us arrogant, like the Pharisees, with calloused hearts.
- If we only seek to be, (having experiences) with God, we could become less grounded in the Word, self-centered, and relying on our emotions.
- If we are focused on doing at all cost, it will cause duty, discipline and determination to dominate our lives.



## Part One

### **Know God and His Kingdom**

We seek to see daily events from God's perspective. When partnering with the Lord, the rocks in our hearts are being removed and we become freer. We discover that *every day is an adventure in knowing Him more fully*. We go before the Lord, kneel in His presence, and look at our lives from His eternal perspective. God will help us see, hear, understand, turn to Him, and be healed (Matthew 13:15b).

## Part Two

### **Be Kingdom Livers**

We need to understand who we are as we function in God's kingdom. First we will look at holiness as one outward expression of living in God's kingdom daily. Holiness is our goal, but we need to trust in God's forgiveness. This truth is examined in a study of the freedom we have in Christ. As kingdom livers we need to *be* holy and free in Christ, always listening and ready and anticipating the next adventure.

## Part Three

### **What Kingdom Livers Do**

In light of our *commitment to live for His kingdom*, God will impress upon us what is to be done in *partnership* with Him. At times He reveals His purposes all at one time. But

more often He reveals them in pieces and steps as we pursue vital relationship with fellow pilgrims. It is through authenticity and transparency that God's purposes come to light and Satan's deceptions are recognized for what they truly are.

These three steps of *know, be, do* become a template for the rest of our lives to become more intimate with Him and glorify Him through doing what He guides us to do. It is not "my will be done" but "God's will be done." He will show Himself powerfully in our lives and this will overflow to others.

Using these three steps in everyday situations, will allow us to experience and live the kingdom lifestyle!

## Part One

### **Know God and His Kingdom**

There are three main points to *knowing* God and His kingdom in our daily lives:

1. We must know God intimately.
2. We must know what His kingdom is.
3. We must know that His kingdom is empowered by the Holy Spirit.

We will first explore Jesus' presence, power and the freedom He brings into our lives. Next, we will study how Jesus described His kingdom: where it is, how it functions and what it means. Lastly, we will focus on how the Holy Spirit empowers our kingdom living by understanding Who He is and how He functions within us.

### **We Must Know God Intimately**

1. By recognizing *His presence* within us. Jesus said, "The kingdom of God is within you" (Luke 17:21b). "For the kingdom of God is... righteousness, peace, and joy in the Holy Spirit" (Romans 14:17). "For the kingdom of God is...power" (1 Corinthians 4:20). We have God's power available indwelling us, but do we know how to allow it to affect every area of our lives? We know that God wants his power manifested through us because he speaks of us "moving mountains" through our faith.
2. By seeing Him *manifest His power* in our lives. The Holy Spirit indwells us and His purposes are made real in and through us. We need to know more about the Holy Spirit, and how intimacy with the Spirit takes place. We need to see His expanding power in us and know when we are quenching His Spirit. We must have our hard hearts healed and turn to Him.
3. By *experiencing His freedom*, walking in the Spirit. "but those who live in accordance with the Spirit have their minds set on what the Spirit desires...the Mind controlled by the Spirit is life and peace (Romans 8:5b, 6b). Faith is the strategic component that unlocks the power of God in our lives.

The “kingdom of heaven” and the “kingdom of God” are used interchangeably in Scripture. Generally, Matthew uses the kingdom of heaven, while the other gospels and letters use the kingdom of God. Kingdom of God/kingdom of Heaven references are given 82 times by Jesus in the gospels and 14 times in the remaining letters of the New Testament.

- With what will your life be identified? By what will it be marked? \_\_\_\_\_  
\_\_\_\_\_
- Is my life about the “kingdom of me” or about the kingdom of God? \_\_\_\_\_  
\_\_\_\_\_
- Would you like to know that people are being drawn to the kingdom of God because of His power being manifested in your life? \_\_\_\_\_  
\_\_\_\_\_
- To what is God calling you? \_\_\_\_\_  
\_\_\_\_\_

## We Must *Know* What His Kingdom Is

Kingdom of God and kingdom of heaven references are given 82 times by Jesus in the gospels and 14 times in the remaining letters of the New Testament. Given this emphasis, it would seem critical for us to understand what Jesus is saying concerning His kingdom.

Jesus describes the kingdom of God as:

### 1. Near.

From that time on Jesus began to preach, “Repent, for the kingdom of heaven is near.” (Matthew 4:17)

“The time has come,” he said. “The kingdom of God is near. Repent and believe the good news!” (Mark 1:15)

### 2. Understanding must be sought.

The disciples came to him and asked, “Why do you speak to the people in parables?” He replied, “The knowledge of the secrets of the kingdom of heaven has been given to you, but not to them.” (Matthew 13:11)

He told them, “The secret of the kingdom of God has been given to you. But to those on the outside everything is said in parables.” (Mark 4:11)

He told them another parable: “The kingdom of heaven is like a mustard seed, which a man took and planted in his field.” (Matthew 13:31)

Again he said, “What shall we say the kingdom of God is like, or what parable shall we use to describe it?” (Mark 4:30)

The kingdom of heaven is like treasure hidden in a field. When a man found it, he hid it again, and then in his joy went and sold all he had and bought that field. (Matthew 13:44)

Again, the kingdom of heaven is like a merchant looking for fine pearls. (Matthew 13:45)

Once again, the kingdom of heaven is like a net that was let down into the lake and caught all kinds of fish. (Matthew 13:47)

He said to them, “Therefore every teacher of the law who has been instructed about the kingdom of heaven is like the owner of a house who brings out of his storeroom new treasures as well as old.” (Matthew 13:52)

Therefore, the kingdom of heaven is like a king who wanted to settle accounts with his servants. (Matthew 18:23)

For the kingdom of heaven is like a landowner who went out early in the morning to hire men to work in his vineyard. (Matthew 20:1)

The kingdom of heaven is like a king who prepared a wedding banquet for his son. (Matthew 22:2)

At that time the kingdom of heaven will be like ten virgins who took their lamps and went out to meet the bridegroom. (Matthew 25:1)

Then Jesus asked, “What is the kingdom of God like? What shall I compare it to?” (Luke 13:18)

Again he asked, “What shall I compare the kingdom of God to?” (Luke 13:20)

### **3. Seed in good soil.**

Jesus told them another parable: “The kingdom of heaven is like a man who sowed good seed in his field.” (Matthew 13:24)

He also said, “This is what the kingdom of God is like. A man scatters seed on the ground.” (Mark 4:26)

### **4. Little children.**

And he said: “I tell you the truth, unless you change and become like little children, you will never enter the kingdom of heaven... Therefore, whoever humbles himself like this child is the greatest in the kingdom of heaven.” (Matthew 18:3, 4)

I tell you the truth, anyone who will not receive the kingdom of God like a little child will never enter it. (Mark 10:15)

Jesus said, “Let the little children come to me, and do not hinder them, for the kingdom of heaven belongs to such as these.” (Matthew 19:14, Luke 18:16)

### **5. Worldly desires and beliefs that prevent us from fully entering the kingdom now.**

Then Jesus said to his disciples, “I tell you the truth, it is hard for a rich man to enter the kingdom of heaven. Again I tell you, it is easier for a camel to go through the eye of a needle than for a rich man to enter the kingdom of God.” (Matthew 19:23, 24)

## **6. A future place/event.**

I say to you that many will come from the east and the west, and will take their places at the feast with Abraham, Isaac and Jacob in the kingdom of heaven. (Matthew 8:11)

I tell you the truth, I will not drink again of the fruit of the vine until that day when I drink it anew in the kingdom of God. (Mark 14:25)

There will be weeping there, and gnashing of teeth, when you see Abraham, Isaac and Jacob and all the prophets in the kingdom of God, but you yourselves thrown out. People will come from east and west and north and south, and will take their places at the feast in the kingdom of God. (Luke 13:28-29)

When one of those at the table with him heard this, he said to Jesus, “Blessed is the man who will eat at the feast in the kingdom of God.” (Luke 14:15)

Even so, when you see these things happening, you know that the kingdom of God is near. (Luke 21:31)

For I tell you, I will not eat it again until it finds fulfillment in the kingdom of God. For I tell you I will not drink again of the fruit of the vine until the kingdom of God comes. (Luke 22:16,18)

## **7. Himself.**

Heal the sick who are there and tell them, The kingdom of God is near you... Even the dust of your town that sticks to our feet we wipe off against you. Yet be sure of this: The kingdom of God is near. (Luke 10:9, 11)

But if I drive out demons by the finger of God, then the kingdom of God has come to you. (Luke 11:20)

...who had not consented to their decision and action. He came from the Judean town of Arimathea and he was waiting for the kingdom of God. (Luke 23:51)

## **8. Within us.**

Once, having been asked by the Pharisees when the kingdom of God would come, Jesus replied, “The kingdom of God does not come with your careful observation... nor will people say, ‘Here it is,’ or ‘There it is,’ because the kingdom of God is within you. (Luke 17:20-21)

## **9. Righteousness, peace and joy.**

For the kingdom of God is not a matter of eating and drinking, but of righteousness, peace and joy in the Holy Spirit (Romans 14:17)

## **10. Power.**

But if I drive out demons by the Spirit of God, then the kingdom of God has come upon you. (Matthew 12:28)

I will give you the keys of the kingdom of heaven; whatever you bind on earth will be bound in heaven, and whatever you loose on earth will be loosed in heaven. (Matthew 16:19)

For the kingdom of God is not a matter of talk but of power. (1 Corinthians 4:20)

### **11. Secrets given to us.**

He replied, "The knowledge of the secrets of the kingdom of heaven has been given to you, but not to them." (Matthew 13:11)

How is it you don't understand that I was not talking to you about bread? But be on your guard against the yeast of the Pharisees and Sadducees. (Matthew 16:11)

He told them, "The secret of the kingdom of God has been given to you. But to those on the outside everything is said in parables." (Luke 8:10, Mark 4:11)

### **12. The greatest and least.**

I tell you the truth: Among those born of women there has not risen anyone greater than John the Baptist; yet he who is least in the kingdom of heaven is greater than he. (Matthew 11:11)

I tell you, among those born of women there is no one greater than John; yet the one who is least in the kingdom of God is greater than he. (Luke 7:28)

### **13. Not looking back.**

Jesus replied, "No one who puts his hand to the plow and looks back is fit for service in the kingdom of God." (Luke 9:62)

### **14. Including hardships.**

Blessed are those who are persecuted because of righteousness, for theirs is the kingdom of heaven. (Matthew 5:10)

"I tell you the truth," Jesus said to them, "no one who has left home or wife or brothers or parents or children for the sake of the kingdom of God..." (Luke 18:29; Acts 14:22)

All this is evidence that God's judgment is right, and as a result you will be counted worthy of the kingdom of God, for which you are suffering. (2 Thessalonians 1:5)

### **15. An encouragement to preach boldly.**

From that time on Jesus began to preach, "Repent, for the kingdom of heaven is near." (Matthew 4:17)

As you go, preach this message: "The kingdom of heaven is near." (Matthew 10:7)

Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit and teaching them to obey everything I have commanded you. (Matthew 28:19, 20)

Anyone who breaks one of the least of these commandments and teaches others to do the same will be called least in the kingdom of heaven, but whoever practices and teaches these commands will be called great in the kingdom of heaven. (Matthew. 5:19)

From the days of John the Baptist until now, the kingdom of heaven has been forcefully advancing, and forceful men lay hold of it. (Matthew 11:12)

But he said, "I must preach the good news of the kingdom of God to the other towns also, because that is why I was sent." (Luke 4:43)

After this, Jesus traveled about from one town and village to another, proclaiming the good news of the kingdom of God. The Twelve were with him... (Luke 8:1)

...and he sent them out to preach the kingdom of God and to heal the sick. (Luke 9:2)

...but the crowds learned about it and followed him. He welcomed them and spoke to them about the kingdom of God, and healed those who needed healing. (Luke 9:11)

Jesus said to him, "Let the dead bury their own dead, but you go and proclaim the kingdom of God." (Luke 9:60)

The Law and the Prophets were proclaimed until John. Since that time, the good news of the kingdom of God is being preached, and everyone is forcing his way into it. (Luke 16:16)

After his suffering, he showed himself to these men and gave many convincing proofs that he was alive. He appeared to them over a period of forty days and spoke about the kingdom of God. (Acts 1:3)

But when they believed Philip as he preached the good news of the kingdom of God and the name of Jesus Christ, they were baptized, both men and women. (Acts 8:12)

Paul entered the synagogue and spoke boldly there for three months, arguing persuasively about the kingdom of God. (Acts 19:8)

They arranged to meet Paul on a certain day, and came in even larger numbers to the place where he was staying. From morning till evening he explained and declared to them the kingdom of God and tried to convince them about Jesus from the Law of Moses and from the Prophets. (Acts 28:23)

Boldly and without hindrance he preached the kingdom of God and taught about the Lord Jesus Christ. (Acts 28:31)

Jesus, who is called Justus, also sends greetings. These are the only Jews among my fellow workers for the kingdom of God, and they have proved a comfort to me. (Colossians 4:11)

## **16. Servants who reap rewards.**

“I tell you the truth,” Jesus said to them, “no one who has left home or wife or brothers or parents or children for the sake of the kingdom of God...” (Luke 18:29)

While they were listening to this, he went on to tell them a parable, because he was near Jerusalem and the people thought that the kingdom of God was going to appear at once. (Luke 19:11)

## **17. Having requirements.**

...and saying, “Repent, for the kingdom of heaven is near.” (Matthew 3:2, Matthew 5:3, 20)

Not everyone who says to me, “Lord, Lord,” will enter the kingdom of heaven, but only he who does the will of my Father who is in heaven. (Matthew 7:21)

Woe to you, teachers of the law and Pharisees, you hypocrites! You shut the kingdom of heaven in men’s faces. You yourselves do not enter, nor will you let those enter who are trying to. (Matthew 23:13)

“The time has come,” he said. “The kingdom of God is near. Repent and believe the good news!” (Mark 1:15)

And if your eye causes you to sin, pluck it out. It is better for you to enter the kingdom of God with one eye than to have two eyes and be thrown into hell. (Mark 9:47 , Luke 6:20)

In reply Jesus declared, “I tell you the truth, no one can see the kingdom of God unless he is born again.” ...Jesus answered, “I tell you the truth, no one can enter the kingdom of God unless he is born of water and the Spirit” (John 3:3, 5)

Then Jesus said to his disciples, “I tell you the truth, it is hard for a rich man to enter the kingdom of heaven. Again I tell you, it is easier for a camel to go through the eye of a needle than for a rich man to enter the kingdom of God.” (Matthew 19:23-24)

Jesus looked around and said to his disciples, “How hard it is for the rich to enter the kingdom of God!” The disciples were amazed at his words. But Jesus said again, “Children, how hard it is to enter the kingdom of God! It is easier for a camel to go through the eye of a needle than for a rich man to enter the kingdom of God.” (Mark 10:23- 25)

Jesus looked at him and said, “How hard it is for the rich to enter the kingdom of God! Indeed, it is easier for a camel to go through the eye of a needle than for a rich man to enter the kingdom of God.” (Luke 18:24-25)

Do you not know that the wicked will not inherit the kingdom of God? Do not be deceived: Neither the sexually immoral nor idolaters nor adulterers nor male prostitutes nor homosexual offenders... nor thieves nor the greedy nor drunkards nor slanderers nor swindlers will inherit the kingdom of God. (1 Corinthians 6:9-10)

I declare to you, brothers, that flesh and blood cannot inherit the kingdom of God, nor does the perishable inherit the imperishable. (1 Corinthians 15:50)

...and envy; drunkenness, orgies, and the like. I warn you, as I did before, that those who live like this will not inherit the kingdom of God.(Galatians 5:21)

- Summarize what the kingdom of God is like: \_\_\_\_\_  
\_\_\_\_\_
- What difference should this truth make in our lives? \_\_\_\_\_  
\_\_\_\_\_
- Are we in the kingdom of God now? \_\_\_\_\_
- Do you wonder who will be in the kingdom? Why or why not? \_\_\_\_\_  
\_\_\_\_\_
- How can we experience the kingdom of God? \_\_\_\_\_  
\_\_\_\_\_
- Based on observations of the kingdom of God/Heaven, how are we to live?  
\_\_\_\_\_  
\_\_\_\_\_

In conclusion, we experience the kingdom of God by living according to the Spirit and by setting our hearts and minds on things above. (Romans 8:5, Colossians 3:1-2) We have to live in reality, but our hearts do not have to dwell in the problems of this physical world. Our hearts can dwell in His presence, within the kingdom of God. *We do not have to dwell where we live!*

We can choose to invite Him in, first thing in the morning and as we walk through each day! Yearn to fellowship with Him throughout your day! What we will experience as we dwell within His kingdom is very special moments of blessings, hearing His voice and experiencing His love, sensing a tangible connection with God, and supernatural movements of God, His miracles, and other means by which He affects our lives. We will experience *Secrets of the Transformed Heart*: overflowing with hope, joy, thanksgiving, love, and power.

## Journal Response

One of the wonderful blessings of God is that He reveals Himself to us. One way He does this is through what we call “kingdom moments.” Kingdom moments are acts of God’s hand in our lives; they are supernatural. When we are dwelling in the kingdom of God through our heart and mind, our intimacy with God is at a peak. We feel and hear His presence; we are able to recognize His working and speaking. We are one with Him. Our desires, beliefs and faith have a kingdom perspective. God supernaturally intervenes by speaking and directing. Through this, miracles can take place. As we watch and look for God’s involvement by the Holy Spirit, we will see it. We will overflow with His power. As we encounter these kingdom moments we need to record them so that we can give praise, honor and glory to Him. *This is true “kingdom living”!*

## **We Must Know His Kingdom is Empowered by the Holy Spirit**

In order to understand all that the Holy Spirit is and does, we will be looking at four aspects of His involvement in the kingdom of God:

1. How we can dwell in God’s kingdom.
2. What the Holy Spirit does.
3. We are called to life in the Spirit.
4. The power of the Holy Spirit should not be quenched.

When Jesus left the earth at His ascension into heaven over 2000 years ago, the Holy Spirit was given to work in us and through us during this present age. Not understanding the role of the Holy Spirit hinders our desire for complete intimacy with God. It is His presence within us!

We, (Keith and Karen) have done thorough and informative studies on the Holy Spirit but knew we could experience more of God’s presence and power in our lives. Seeking the Holy Spirit over the past years has been revealing and opened us to the radically changed life in Romans 8:5: “Those who live according to the sinful nature have their minds set on what that nature desires; but those who live in accordance with the Spirit have their minds set on what the Spirit desires.” We had to consider what our hearts and minds were truly “set” on! We believe this type of living really is the secret to unlocking everything the Holy Spirit has to offer. What Christian doesn’t want to have God’s power and grace?

## 1. How we can dwell in God's kingdom.

The Word gives us practical advice on how we can dwell in the kingdom of God according to the Spirit by:

- Praising Him.
- Obeying Him.
- Thanking Him.
- Doing His will continually.
- Worshiping Him.
- Exhibiting His power.
- Asking Him.
- Doing the things Jesus did.
- Listening to Him daily.
- Knowing Him intimately.

In other words—join Him!

Our problem is that we don't take the Scriptures that reinforce this idea literally; we take them figuratively. When Scripture tells us to seek the Lord with all our heart, to love and serve the Lord with all our heart, our practical application is usually half-hearted. Ephesians 5:18-19 tells us. "Do not get drunk on wine, which leads to debauchery. Instead, be filled with the Spirit."

After visiting the underground church in China, we wondered why there were so many miracles and so much power and revival in China? We asked how they viewed their prayer life and their time of worship with God. In most cases, they would pray an hour in the morning and an hour in the evening. This indicated their level of interest in living according to the Spirit! That does not characterize our deadened and dull condition here in America over the past fifty years. We might sit in quiet time, but do we really seek the Spirit of God for that moment and that day? Have we purged our hearts of our desires and replaced them with those of the Holy Spirit? As we go into our "inner rooms", too often we are doing it as a matter of "rote" religion and duty rather than it being the passion of our hearts. As we break from our quiet times as a dutiful Christians, our earthly passions take over and thus our lives are lived for that day, often to the flesh rather than the Spirit. In contrast, if our quiet times were Spirit responsive, then we would continue our worship throughout the day by acting out what God is leading us to do.

## 2. What the Holy Spirit does.

Just look at what the Holy Spirit does: fills, stirs, instructs/teaches, admonishes, renews the earth, leads, speaks, gives strength, gives prophecy, gives rest, guides, physically moves people, sends, made us, puts plans in our mind, helps, comes upon you, pours upon us, in us, hovers, conceives, baptizes, drives out demons, gives life, testifies about you, makes things known, powers, gifts, physically doesn't allow, compels, warns, makes overseers, urges, circumcises hearts, controls the mind, lives in you, gives life, puts to death misdeeds, testifies with our spirit, helps us pray, intercedes, confirms in us, gives an overflow, sanctifies, signs and miracles, reveals,

Note the repetitious words used regarding the Holy Spirit:

- Fills/full
- Instruct/teach
- Speaks to us/spoke
- Comes upon/on
- Comes in

Notice how personal and active the Spirit of God is. He is experiential!

searches all things, makes clear, helps us accept, gives gifts, makes us competent, transforms us, fellowship, fruit of Spirit given, vindicates, testifies to truth.

We do not need to be some intellectually profound person to have the power of God upon us. It is simply being like the disciples. They were not from the University of Jerusalem; they were simple men hungering and thirsting for the purpose of God. That is what they treasured.

What it comes down to is very simple: what is it I treasure?

These are all things the Spirit of God does. Are we seeing and recognizing them?

If we choose to believe literally that God does these things, then we must do what He tells us to do. How can we have these answers to life and not respond? Our struggle in living this is because we are so insensitive, dull and blind to God's purposes and desires. Charles Finney (in 1850) and Andrew Murray (in 1900) both asked the same question: "Where has the power in the church gone?" The answers are found in the following key verses.

### **3. We are called to life in the Spirit.**

God gives the Spirit without limit (John 3:34)

...the Spirit gives life; the flesh counts for nothing (John 6:63)

...the Counselor will teach you all things and will remind you of everything (John 14:26)

...Spirit of truth will guide you into all truth (John 16:13)

...receive power when the Holy Spirit comes on you (Acts 1:8, 10:38)

...Holy Spirit given by God...to those who obey him" (Acts 5:32)

...choose seven men...known to be full of the Holy Spirit and wisdom (Acts 6:3)

...you stiff necked people, you always resist the Holy Spirit (Acts 7:51)

...as I began to speak, the Holy Spirit came on them (Acts 11:15)

...you however are controlled not by the sinful nature but by the Spirit if the Spirit of God lives in you. (Romans 8:9)

...if you live... by the Spirit you put to death the misdeeds of the body, you will live (Romans 8:13)

...overflow with hope by the power of the Holy Spirit (Romans 15:13)

...may the grace of the Lord Jesus Christ and the love of God and the fellowship of the Holy Spirit be with you all (2 Corinthians 13:14)

...did you receive the Spirit by observing the law, or by believing what you heard? Are you so foolish? After beginning with the Spirit, are you now trying to attain your goal by human effort? (Galatians 3:2-3)

God lavishly provides his own presence working things in your lives you could never do for yourselves...because you trust him (Galatians 3:2-5, *The Message*)

...God sent the Spirit of His Son into our hearts (Galatians 4:6)

Christ has set us free to live a free life (Galatians 5:1)

Live freely, animated and motivated by God's Spirit, then you won't feed on the compulsions of selfishness (Galatians 5:16, *The Message*)

...why don't you choose to be led by the Spirit and so escape the erratic compulsions of the law (Galatians 5:18, *The Message*)

... since we have chosen this kind of life, the life of the Spirit...work out its implications in every detail of our life (Galatians 5:25, *The Message*)

#### **4. The power of the Holy Spirit should not be quenched.**

The free life is a life pursuing the heart of God; through this we are transformed by the Holy Spirit into being fruit-bearers. Our heart then will be set on storing up treasures in Heaven. This becomes our preoccupied desire. If my desire is to pursue the heart of God, then I will be motivated and animated by God's Spirit. I must believe God has a better plan than my own, therefore, being free in Christ is not a sacrifice but a blessing.

We have *access* to the Father by one Spirit... (Ephesians 2:18)

He may *strengthen you* with power through His Spirit in your inner being... (Ephesians 3:16)

Do not grieve God. Do not break His heart. His Holy Spirit, *moving and breathing in you*, is the most intimate part of your life, making you fit for Himself. (Ephesians 4, *The Message*)

*Drink the Spirit of God*, huge draughts (be full) of Him. (Ephesians 5:18, *The Message*)

You're up against far more than you can handle on your own. Take all the help you can get, every weapon God has issued...God's word is an indispensable weapon. In the same way, prayer is essential in this ongoing warfare. *Pray hard* and long. Pray for your brothers and sisters. Keep your eyes open. Keep each other's spirits up so that no one falls behind or drops out. We are to ask for the Holy Spirit to be active in our lives, be full of him and emptied of us. (Ephesians 6:13-18, *The Message*)

... the real believers are the ones the *Spirit of God leads* to work away at this ministry, filling the air with Christ's praise as we do it. We couldn't carry this off by our own efforts, and we know it. (Philippians 3:3-4, *The Message*)

The Holy Spirit put *steel in your convictions*. (1 Thessalonians 1:5, *The Message*)

...therefore, he who rejects this instruction does not reject man but God who *gives you his Holy Spirit*. (1 Thessalonians 4:8)

Considering these verses, we must be thoughtful to live in a way so that we:

... *Don't suppress* the Spirit and don't stifle those who have a word from the Master. (1 Thessalonians 5:19-20, *The Message*)

If you *remain in me* and my words remain in you, ask whatever you wish, and it will be given you. (John 15:7)

- How much do you overflow with the *Secrets of the Transformed Heart* (see page 29)?

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What percentage of the time do you overflow? \_\_\_\_\_

- Do you believe what the Holy Spirit does? \_\_\_\_\_

\_\_\_\_\_

- How much do you want all that the Holy Spirit can do in your life? \_\_\_\_\_

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- Ephesians 5:18 tells us "to be filled with the Spirit." Are you full now? \_\_\_\_\_

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How much do you want to be full? How much do you want to be full every day?

- Do you believe that when full of the Holy Spirit, you can move mountains (Acts 4:30)? \_\_\_\_\_

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What could a "mountain-moving" experience be like? \_\_\_\_\_

- In Matthew 7:7, Jesus tells us, "Ask and it will be given you; seek and you will find; knock and the door will be opened to you." How much are you asking for God's Spirit in your life? \_\_\_\_\_

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The Holy Spirit's role is wide and deep. Our role is to partner with the Holy Spirit to bring glory to Him and to fulfill our role in building His kingdom. To them that are worthy, much more is given and much more fruitfulness occurs. This is spoken of in the parable of the talents, minas, and soils. *Imagine being 10 times, 50 times more fruitful than you are today as a result of the power of God, the Spirit of God working in and through you.*

The first essential part of living for God's kingdom is to *know*—understanding what the kingdom is and how the kingdom is empowered by the Holy Spirit in our lives. Out of this understanding comes a desire to live fully for God. The next part of realizing kingdom living is living holy and secure lives in Christ, abiding in His presence.

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## Heart Lab #24

### Heart Transformation Summary

We have recently undergone an intense time of repentance and spiritual healing. The Repentance Retreat focused on one or more areas in our lives that needed healing from God and helped us grow closer to God. Review the previous Heart Labs, journal entries, and how the Holy Spirit is guiding you now. Ask God to select another “rock” that you will surrender to Him. Use the questions below to help in your ongoing HT healing process. Select one or two areas and briefly describe them below.

- Unresolved wounds
- Wrong desires
- Wrong fears
- Wrong beliefs
- Overt sin—What sin do you hate?
- Spiritual warfare
- Complacency and apathy

1. How has Satan attacked you as you are working through the HT process with another “rock”?

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2. Read Ephesians 6:10-18. What are some specific ways the spiritual armor is giving you strength?

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3. Define a theme(s) or the core issue of the selected wound. What lies beneath the wound?

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4. Define the lie. Satan wants you to believe that your wound will never be resolved. So he causes you to believe a lie, such as, “I will never be fully loved by man or God.” This lie deceives the heart. What is the lie you are believing?

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5. Define your self-protective strategies. These are reactions or thought patterns used to protect our hearts from any more pain, for example—minimizing emotional attachments, or being the first to end a relationship so rejection is avoided. What self-protective strategies have you used?

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6. All of the above techniques led to making a vow by which you have lived your life. For example, “I will avoid emotional attachments.” What vow have you made?

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7. Picture the wound. Can you feel the pain? Where do you feel it in your body? Ask Jesus into that painful place. Ask Him to heal the pain, to remove it. Wait on Him to come. What happened?

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8. List any wrong desires, wrong fears, wrong beliefs, and wrong attitudes. Identify the ones God wants you to deal with right now.

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9. What is it that you hate about this sinfulness and the impact it has had on your life?

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9. How do you want Jesus to heal this sin? Invite Jesus into each of the sin areas that He has called you to deal with. Wait on the Lord until you feel cleared of it. What happened?

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10. Rejoice in what God is doing. Record it here.

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We have stated how Heart Transformation is a process. Once one area (one rock) is healed, you should gain confidence in addressing other “rocks” in your life. Your healing experience could be called a mountaintop spiritual event. Often, Satan will turn up the heat to discourage you that it didn’t really happen or wasn’t a big deal.

## Session 11 Assignment

1. Read Chapter 6, pages 168-177, and complete the exercises.
2. Complete Heart Lab #25.
3. Memorize Romans 8:5.
4. Journal—“How God wants to be included in my life.”

## Pilgrim Guide

The Lesson Plan for Session 11 is on page 50 of the *Leader's Guide*.

## Part 2 Be Kingdom Livers

In this section, we will explore how being a kingdom liver is:

1. Allowing His love to lead us to holiness.
2. How we live in His love and share that love with others.
3. Freedom in Christ through His Spirit.

## Allow His Love to Lead Us to Holiness

Heart Transformation was introduced with the essential teaching from Jesus to “love God with all our hearts.” Fulfilling this challenge can only be accomplished as capacity is increased and we receive more of His great love for us. His love leads us to holiness, having His same thoughts, His desires, and trusting Him fully. We do not want to sin because it removes us from His presence and purposes. Holiness is the fruit of loving God with all our hearts.

This connection between love and holiness is illustrated by the apostle John as he writes in both his gospel and in 1 John more about love than any other New Testament writer. “My dear children, I write this to you so that you will not sin...” (1 John 2:1). “...But if anyone obeys his Word, God’s love is truly made complete in him” (1 John 2:5).

Holiness cannot be obtained through a shallow relationship with God. When we do not have the fullness of the Lord within us, the fullness of His indwelling Spirit, we focus more on being loving (through our human effort) than we do on receiving His love and letting it overflow. Holiness will then tend to become an exterior measure of behavior rather than an inward filling and transformation of our heart motives. “Be holy, because I am holy” (1 Peter 1:16). If we are “in” Him and He “in” us, (John 17) this command is fulfilled through His presence and work within us (Philippians 3:7-11). That is why it is so important to love Him with “all”.

Kingdom livers are relentless, no matter the cost.

Notice the “desire” of those who wanted healing as they encountered Jesus. It required great sacrifice for the lepers or paralytics to get close to Him. They *knew* they would be healed as a result of His presence and power. We are to have this same attitude in coming to Him—desperate (like the paralytic/blind person) to be healed of our heart infirmities. There is no other way to be healed of our sinful infirmity—the strongholds that lie within us. To what extent are we willing to go to Jesus and have Him touch our souls, to touch our rocks, and to heal them.”

John gives us a second example of holiness. In 1 John 2:15 he says, “Do not love the world or anything in the world. If anyone loves the world, the love of the Father is not in him.” John is setting an incredible standard for us. This is a high benchmark—to not love anything of the world. It is the love of the world and of self that often leads us into sin. If we are still sinning—if we still have rocks—it means that we are *still loving* the world.

Charles Finney, a great American revivalist in 1850, said, “Where has the power of the church gone?” He had noticed a weakening in its power and movement. After speaking with a missionary, he concluded, “We are allowing people to leave our seminaries without power—they’re leaving with head knowledge.” In too many cases today, we live our Christian lives based on our knowledge and not in moment by moment intimacy and direction from God. One must have both.

Kingdom living is living *in Him* and He will make us holy. “No one who lives in Him keeps on sinning” (1 John 3:6). In reality, we sin. Our sins are our rocks. Holiness is continually bringing these rocks to God to be healed. As we bring our rocks before God, we confess them as sins. The word *confess means “covenant”* (1 John 1:9). When we confess, we are being authentic, broken by our sins. We are saying to God, “I don’t want these sins in my life!” In verse 9, John says that when we are born of God, we cannot go on sinning. John repeats that truth in 5:18: “We know that anyone born of God does not continue to sin.” We cannot keep on sinning!

Yet, our human weaknesses are targeted by Satan. He is proactive and uses all his tools to draw us into the world. Our human tendency in trying not to sin is to do it in our own effort and power. Paul illustrated this when he called the Galatians foolish for trying to “attain your goal by human effort” (Galatians 3:3). That does not work. Again in Colossians 2:20-23, we are warned that we cannot do it on our own. We cannot be healed of our blindness without Him, His Spirit. So we are ever pursuing intimacy, desperate for His presence.

Paul addresses this in 1 Corinthians 13. Holiness—not sinning—is obtained when we operate out of a motivation of love. Paul teaches that without love as our motivator, our service to God is like a clanging cymbal. Anything we do apart from loving Him has no value. *The amount of our activity does not determine the amount of our love.* When we realize we are doing something without love (and without the Spirit), we should stop and change our activity until we are intimate with God’s Spirit of love. That is what Charles Finney was saying—the power of God is the fruit of an undivided heart. He once noticed that while he was preaching, there seemed to be little power in His words and little response from his audience. After the meeting, Mr. Finney entered the woods and sought the Lord’s presence. He did not leave that place until he felt God’s presence and power within again. Charles Finney knew he was without power and without true fruit unless God’s presence initiated it.

Considering this heart-power, we return to a key passage in Heart Transformation. “I tell you the truth, anyone who has faith in me will do what I have been doing. He will do even greater things than these, because I am going to the Father” (John 14:12). Are we going to embrace this message? Is that the light we want to see in ourselves? As we deal with the rocks—sins—we are filled to the full with God’s love. We have a greater capacity to receive love because we are making room in our hearts and, therefore, truly love others.

## Keith's Story

As I explained earlier, I've had a problem with anger. It became clear that the fruit of my anger was significance. God began to reveal that at times my motivation in ministering was for significance—to prove to God that I was worthy of His love. That's transferring fleshly desires into spiritual activity—the love of the world. God continues to reveal my sins (my rocks) and heart motivations, but He deals with one rock at a time. More of His love fills me and I become less vulnerable to the enemy. I see more of God's power in my life through His love, displacing my anger and human desires.

## How We Live in His Love and Share That Love with Others

Living a life of love is seen in Ephesians 5. Paul encourages us to imitate God and “live a life of love” (verse 1). The reason to live this life of love is because of Christ's sacrifice for us because He “dearly loved” us. In response, we are to live a life of love toward Him and His people. This life of love is an adventure because as we come to a point of being in His presence; He clearly communicates kingdom opportunities each day. Verses three through six describe the sins we are to avoid. It exhorts us to “not be partners with” the sinful who practice such things (verse 7).

We are not to have anything to do with “the fruitless deeds of darkness” (verse 11). Our rocks represent darkness. We hide our dark secrets inside our hearts. This is living carnally and in the world. But verse 13 tells us, “Everything exposed by the light becomes visible.” As we allow God's light to bring healing to the rocks of our darkness, we will overflow with love. As children of light, we live holy lives, and others see that light in us. They see our joy, our thankfulness and are drawn to it. *Light always dispels darkness.*

Paul warns us to live carefully, with wisdom, and to make the most of our opportunities (verse 15-16). He cautions us not to be drunk with wine, but be filled with the Spirit (verse 18). Kingdom living is overflowing with God's Spirit, His holiness. Holy living opens us up to understanding what God's will is for our lives (verse 17). This is expressed in how we relate to God and to one another. “Speak to one another with psalms, hymns and spiritual songs. Sing and make music in your heart to the Lord, always giving thanks to God the Father for everything, in the name of our Lord Jesus Christ” (verse 19-20). We will say, “Thank you God for working in my life the way You did!”

## Keith's Story Continues

I experienced this three years ago while Karen and I were focusing on our hearts, seeing the Lord in new and fresh ways. I had an incredible joy that came over me for two whole days—I couldn't stop smiling! My “smiler” got tired! I thought my body was going to explode—it just welled up inside of me. It was the joy of the Lord and there was no way to contain it—I had to talk to someone! I had to express something. I was a fountain overflowing with God's Spirit. I want to experience more of those days and for others to experience them as well.

In conclusion, holiness leads to a true love for others. As we live in the light, it is verified by how we value relationships. “Anyone who claims to be in the light but hates his brother is still in the darkness” (1 John 2:9). Jesus expresses a second commandment, “The second is this: Love your neighbor as yourself” (Mark 12:31a).

## Freedom in Christ Through His Spirit

Freedom in Christ, what is it? Freedom is not defined by conventional wisdom. We must look at freedom by how God defines it. The word itself means “liberty, exempt, unrestrained, not bound, not a slave.” Apart from God, we are enslaved by sin; we are unable to have God’s peace, joy, love, hope, power, and thanksgiving. This freedom is a gift from God through the Holy Spirit; it is not something you can attain or achieve. Whatever you are experiencing regarding peace and joy, apart from being full of his Spirit in you, is only temporary. You will not find lasting contentment! Consider the following verses and understand what God means when he declares that we are to be free.

Read the following references and highlight the phrases that refer to freedom: what it is, how we get it, etc. All passages are taken from *The Message: The Bible in Contemporary Language*. (The parentheses contain our thoughts.)

### **When Death Becomes Life** (Romans 6:1-23, *The Message*)

So what do we do? Keep on sinning so God can keep on forgiving? I should hope not! If we’ve left the country where sin is sovereign, how can we still live in our old house there? Or didn’t you realize we packed up and left there for good? That is what happened in baptism. When we went under the water, we left the old country of sin behind: when we came up out of the water, we entered into the new country of grace—a new life in a new land!

That’s what baptism into the life of Jesus means. When we are lowered into the water, it is like the burial of Jesus; when we are raised up out of the water, it is like the resurrection of Jesus. Each of us is raised into a light-filled world by our Father so that we can see where we’re going in our new grace-sovereign country.

Could it be any clearer? Our old way of life was nailed to the Cross with Christ, a decisive end to that sin-miserable life—no longer at sin’s every beck and call (command and control)! What we believe is this: If we get included in Christ’s sin-conquering death, we also get included in his life-saving resurrection. We know that when Jesus was raised from the dead it was a signal of the end of death-as-the-end. Never again will death have the last word (final authority). When Jesus died, he took sin down with him, but alive he brings God down to us. From now on, think of it this way: Sin speaks a dead language that means nothing to you; God speaks your mother tongue, and you hang on every word! You are dead to sin and alive to God. That’s what Jesus did.

That means you must not give sin a vote (an influence) in the way you conduct your lives. Don't give it the time of day (Refuse to give it any attention). Don't even run little errands (Don't even perform little tasks) that are connected with that old way of life. Throw yourselves (fully engage yourselves) wholeheartedly and full-time—remember, you've been raised from the dead—into God's way of doing things. Sin can't tell you how to live. After all, you're not living under that old tyranny any longer. You're living in the freedom of God. You are living Romans 8:5, living according to the Spirit and desiring what the Spirit desires.

### **What Is True Freedom?**

So, since we're out from under the old tyranny, does that mean we can live any old way we want? Since we're free in the freedom of God, can we do anything that comes to mind? Hardly. You know well enough from your own experience that there are some acts of so-called freedom that destroy freedom. Offer yourselves to sin, for instance, and it's your last free act. But offer yourselves to the ways of God and the freedom never quits. All your lives you've let sin tell you what to do! But thank God you've started listening to a new master, one whose commands set you free to live openly and in his freedom!

I'm using this freedom language because it's easy to picture. You can readily recall, can't you, how at one time the more you did just what you felt like doing—not caring about others, not caring about God—the worse your life became and the less freedom you had? And how much different is it now as you live in God's freedom, your lives healed and expansive in holiness?

As long as you did what you felt like doing, ignoring God, you didn't have to bother with right thinking or right living, or right anything for that matter. But do you call that a free life? What did you get out of it? Nothing you're proud of now: Where did it get you? A dead end.

But now that you've found you don't have to listen to sin tell you what to do, and have discovered the delight of listening to God telling you, what a surprise! A whole, healed, put-together life right now, with more and more of life on the way! Work hard for sin your whole life and your pension is death. But God's gift is real life, eternal life, delivered by Jesus, our Master.

### **Torn Between One Way and Another** (Romans 7, *The Message*)

...When Christ died he took that entire rule-dominated way of life down with him and left it in the tomb, leaving you free to “marry” a resurrection life and bear “offspring” of faith for God. For as long as we lived that old way of life, doing whatever we felt we could get away with, sin was calling most of the shots as the old law code hemmed us in. And this made us all the more rebellious. In the end, all we had to show for it was miscarriages and stillbirths. But now that we're no longer shackled to

that domineering mate of sin, and out from under all those oppressive regulations and fine print, we're free to live a new life in the freedom of God...

The law code had a perfectly legitimate function...without it, moral behavior would be mostly guesswork...Yes, I'm full of myself... I need something more! ...I obviously need help! ...I can will it, but I can't do it...My decisions ...don't result in actions. Something has gone wrong deep within me and gets the better of me every time... Parts of me covertly rebel...Is there no one who can do anything for me? Isn't that the real question?

The answer, thank God, is that Jesus Christ can and does. He acted to set things right in this life of contradictions where I want to serve God with all my heart and mind, but am pulled by the influence of sin to do something totally different.

### **The Solution Is Life on God's Terms** (Romans 8:1-28, *The Message*)

With the arrival of Jesus, the Messiah, that fateful dilemma is resolved. Those who enter into Christ's being-here-for-us no longer have to live under a continuous, low-lying black cloud (a suspicion/fear/feeling out of favor/impending doom). A new power is in operation. The Spirit of life in Christ, like a strong wind, has magnificently cleared the air (dispelled the tension and strife), freeing you from a fated lifetime of brutal tyranny at the hands of (devised by) sin and death...

...now what the law code asked for but we couldn't deliver is accomplished as we, instead of redoubling our own efforts, simply embrace what the Spirit is doing in us.

Those who think they can do it on their own end up (become) obsessed with measuring their own moral muscle but never get around to exercising (apply) it in real life. Those who trust God's action in them find that God's Spirit is in them—living and breathing God! Obsession with self in these matters is a dead end; attention to God leads us out into the open, into a spacious, free life. Focusing on the self is the opposite of focusing on God. Anyone completely absorbed in self ignores God, ends up (results in) thinking more about self than God. That person ignores who God is and what he is doing. And God isn't pleased at being ignored.

...if God himself has taken up residence in your life...clearly present God, the Spirit of Christ...you who welcome him, in whom he dwells...life on God's terms...bringing you alive to himself...When God lives and breathes in you...with his Spirit living in you, your body will be as alive as Christ's!

So don't you see that we don't owe this old do-it-yourself life one red cent (anything). There's nothing in it for us, nothing at all. The best thing to do is give it a decent burial and get on with your new life. God's Spirit beckons. There are things to do and places to go!

This resurrection life you received from God is not a timid, grave-tending life. It's adventurously expectant, greeting God with a child-like "What's next, Papa?" God's Spirit touches our spirits and confirms who we really are. We know who he is, and we know who we are: Father and children.

...the Spirit of God is arousing us within.

...the moment we get tired in the waiting, God's Spirit is right alongside helping us along...He does our praying in and for us...keeps us present before God. That's why we can be so sure that every detail in our lives of love for God is worked into something good.

### **Trust in Christ, Not the Law** (Galatians 3:2-5, *The Message*)

How did your new life begin? Was it by working your heads off (tirelessly) to please God? Or was it by responding to God's message to you? Are you going to continue this craziness? For only crazy people would think they could complete by their own efforts what was begun by God. If you weren't smart enough or strong enough to begin it, how do you suppose you could perfect it? Did you go through this whole painful learning process for nothing? It is not yet a total loss, but it certainly will be if you keep this up (continue like that)!

Answer this question: Does the God who lavishly provides you with his own presence, his Holy Spirit, working things in your lives you could never do for yourselves, does he do these things because of your strenuous moral striving or because you trust Him to do them in you? Don't these things happen among you just as they happened with Abraham? He believed God, and that act of belief was turned into a life that was right with God....so those now who live by faith are blessed along with Abraham, who lived by faith—this is no new doctrine! And that means that anyone who tries to live by his own effort, independent of God, is doomed to failure....the obvious impossibility of carrying out such a moral program should make it plain that no one can sustain a relationship with God that way. The person who lives in right relationship with God does it by embracing what God arranges for him. Doing things for God is the opposite of entering into what God does for you.

### **The Life of Freedom** (Galatians 5:1-18, *The Message*)

Christ has set us free to live a free life. So take your stand! Never again let anyone put a harness of slavery on you.

I am emphatic about this. The moment any one of you submits to circumcision or any other rule-keeping system, at that same moment Christ's hard-won-gift of freedom is squandered. I repeat my warning: the person who accepts the ways of circumcision trades all the advantages of the free life in Christ for the obligations of the self life of the law.

I suspect you would never intend this, but this is what happens. When you attempt to live by your own religious plans and projects, you are cut off from Christ, you fall out of grace. Meanwhile we expectantly wait for a satisfying relationship with the Spirit. For in Christ, neither our most conscientious religion nor disregard of religion amounts to anything. What matters is something far more interior: faith expressed in love.

You were running superbly! Who cut in on you, deflecting you from the true course of obedience? This detour doesn't come from the One who called you into the race in the first place. And please don't toss this off as insignificant. It only takes a minute amount of yeast, you know, to permeate an entire loaf of bread. Deep down, the Master has given me confidence that you will not defect. But the one who is upsetting you, whoever he is, will bear the divine judgment.

As for the rumor that I continue to preach the ways of circumcision (as I did in those pre-Damascus Road days), that is absurd. Why would I still be persecuted, then? If I were preaching that old message, no one would be offended if I mentioned the Cross now and then—it would be so watered-down, it wouldn't matter one way or the other. Why don't these agitators, obsessive as they are about circumcision, go all the way and castrate themselves!

It is absolutely clear that God has called you to a free life. Just make sure that you don't use this freedom as an excuse to do whatever you want to do and destroy your freedom. Rather, use your freedom to serve one another in love; that's how freedom grows. For everything we know about God's Word is summed up in a single sentence: Love others as you love yourself. That's an act of true freedom. If you bite and ravage each other, watch out—in no time at all you will be annihilating each other, and where will your precious freedom be then?

My counsel is this: Live freely, animated and motivated by God's Spirit. Then you won't feed the compulsions of selfishness. For there is a root of sinful self-interest in us that is at odds with a free spirit, just as the free spirit is incompatible with selfishness. These two ways of life are antithetical, so that you cannot live at times one way and at times another way according to how you feel on any given day. Why don't you choose to be led by the Spirit and so escape the erratic compulsions of a law-dominated existence?

- What are some practical ways freedom is seen in these passages? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
- What are we free of? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

- How does one become free? \_\_\_\_\_  
\_\_\_\_\_
- How do you know when you are free? \_\_\_\_\_  
\_\_\_\_\_

Kingdom living is a desire to live holy before God and be secure in the freedom we have in Christ. It is an ongoing daily lifestyle. This Heart Lab will give you a tool to encourage a personal commitment to living a healthy faith.

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## Heart Lab #25

### My Personal Commitment to Spiritual Health

God has put before us a desire to be kingdom lovers and kingdom builders. It is the best way to live out our time on earth. Romans 8:28 says, “And we know that in all things God works for the good of those who love him, who have been called according to His purpose.” He has called each of us according to His purpose and in His unique design. He has given each of us missions to be completed. “For we are God’s workmanship, created in Christ to do good works, which God prepared in advance for us to do” (Ephesians 2:10). God has given us specialized desires, talents and gifts.

Using these Scriptures for inspiration and guidance, write a “personal mission statement” by following the steps below. Refer back to *Heart Lab #23: Dear Jesus Letter* in writing your personal mission statement.

Here are some guidelines for your mission statement:

- A mission statement should be short.
- A mission statement should be easily understood by a 12-year-old.
- A mission statement should be memorized and able to be recited to others.

Here are the essential parts of your Mission Statement.

#### 1. My Position in Christ—a man/woman who loves the Lord with all of my heart.

Through Christ, and by the Holy Spirit, I am a man/woman of God who has \_\_\_\_\_  
\_\_\_\_\_.

#### 2. My Vision

... who has been set free from \_\_\_\_\_.

I reject the lies Satan has spoken to me that \_\_\_\_\_  
\_\_\_\_\_.

and I embrace the truth that Jesus is making real to me that \_\_\_\_\_  
\_\_\_\_\_.

#### 3. My Commitment

I am committed to deep intimacy with God daily by \_\_\_\_\_.

I will respond to the Holy Spirit's leading in living for His kingdom. I will incorporate all that God wants in every area of my life.

**4. Memory and Review**

Memorize your *Personal Commitment to Spiritual Health*. Write it in your Bible and places you frequently see (planner/calendar).

**Rewrite your statement:**

Through Christ, and by the Holy Spirit, I am a man/woman of God who has \_\_\_\_\_

\_\_\_\_\_.

and has been set free from \_\_\_\_\_.

I reject the lies Satan has spoken to me that \_\_\_\_\_

\_\_\_\_\_.

and I embrace the truth that Jesus is making real to me that \_\_\_\_\_

\_\_\_\_\_.

I am committed to deep intimacy with God daily by \_\_\_\_\_.

I will respond to the Holy Spirit's leading in living for His kingdom. I will incorporate all that God wants in every area of my life.



## Session 12 Assignment

1. Read Chapter 6, pages 178-191, and complete the exercises.
2. Review Heart Lab #25 and complete Heart Lab #26.
3. Memorize 1 Corinthians 10:31.
4. Journal— Journal on the kingdom lifestyle (Know, Be, Do).

## Pilgrim Guide

The Lesson Plan for Session 12 is on page 52 of the *Leader's Guide*.

## Part 3 What Kingdom Livers Do

We will discover three aspects of what kingdom lovers do, resulting in:

1. Producing fruit.
2. Living in fellowship.
3. Praise and worship.

## Kingdom Living Produces Fruit

Fruitfulness is the inevitable result of dwelling in God's presence wholeheartedly. John 15 declares God's desire that we bear much fruit, which shows we are his disciples. Fruit is not optional. If our tree is healthy, we will bear an abundance of fruit and we will bear it in all areas of our lives.

As we ever increasingly respond to God, the fruit that we bear will be multiplied. Praise God! Somehow we go through life going to church, reading our Bible, and participating in Bible study groups, but little fruit is born in others because most of our activity revolves around "self"—what this means to me and my life. We think these activities are pleasing God. This could not be further from the truth—we need to wake up! Jesus said, "Bear much fruit" (John 15:8). If we *know* our Lord, *being* like Him, then He will flow out of us in the form of love, joy, thankfulness and hope. When we overflow, bearing fruit (*do*) will be natural. Others will be attracted to what they see in our lives!

Read John 15:1-17 about fruit and answer the questions below.

1. Focus on the phrase, "remain in the vine" (verse 4). What does remaining in the vine have to do with bearing spiritual fruit? \_\_\_\_\_  
\_\_\_\_\_
2. Focus on the phrase "apart from me you can do nothing" (verse 5). Explain God's intention in this verse. \_\_\_\_\_  
\_\_\_\_\_
3. Focus on two phrases: "that you bear much fruit," (verse 8) and "go and bear much fruit" (verse 16). What does much fruit and fruit that will last look like? \_\_\_\_\_  
\_\_\_\_\_

Read Jesus' parable of the talents in Matthew 25:14-30 and answer the questions below.

4. What do the talents represent in our lives? \_\_\_\_\_  
\_\_\_\_\_
5. What does God think about someone who does not multiply his talents? \_\_\_\_\_  
\_\_\_\_\_

6. How does our multiplied “talents” reveal our fruitfulness? \_\_\_\_\_

How can this parable encourage us? \_\_\_\_\_

Read Jesus’ parable of the sower and seeds in Luke 8:5-8 and answer the questions below.

7. How are we scattering seed? \_\_\_\_\_

8. Which kind of soil are you? \_\_\_\_\_

9. Where are you sowing seed? \_\_\_\_\_

In which type of soil are you sowing? \_\_\_\_\_

10. What might you need to be doing differently? \_\_\_\_\_

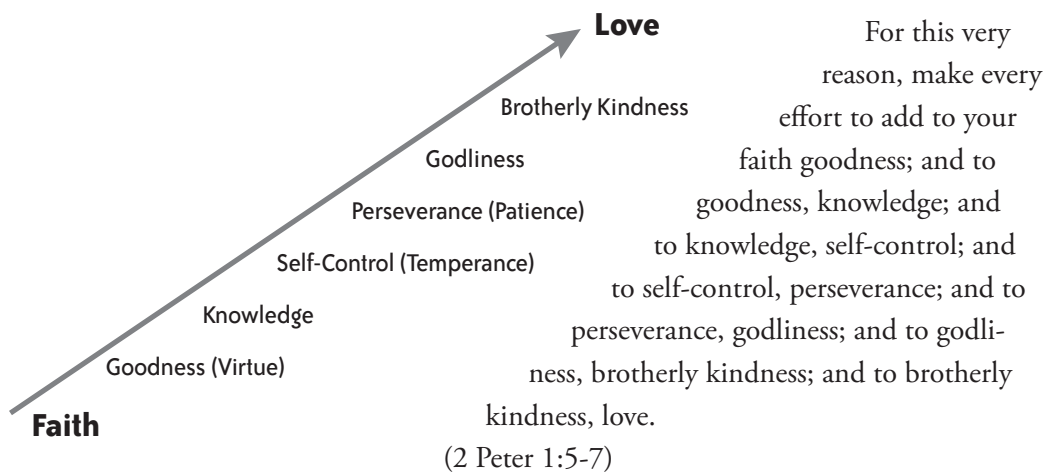
Read Hebrews 12:1-2 and respond to the questions below.

11. How free are you from entanglements? How have you become like Jesus (John 14:12)? \_\_\_\_\_

12. What is still entangling you and holding you back? \_\_\_\_\_

Our fruitfulness (or lack of it) shows us how much we dwell in His presence. If we are not being fruitful for the kingdom, then we are not “arriving at the sacred destination!”

Notice how we can be increasingly productive (know, be, do).



The result of having these kingdom living qualities is given in 2 Peter 1:8-11:

For if you possess these qualities in increasing measure, they will keep you from being ineffective and unproductive in your knowledge of our Lord Jesus Christ. But if anyone does not have them, he is nearsighted and blind, and has forgotten that he has been cleansed from his past sins. Therefore, my brothers, be all the more eager to make your calling and election sure. For if you do these things, you will never fall, and you will receive a rich welcome into the eternal kingdom of our Lord and Savior Jesus Christ.

13. Do you possess these qualities in increasing measure? \_\_\_\_\_

14. Peter says “they will keep you from being ineffective and unproductive”(verse 8).  
What does God think about the subject of fruitfulness? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

15. What must you do additionally or differently to be effective in God’s kingdom?  
\_\_\_\_\_  
\_\_\_\_\_

The natural outcome of a life of intimacy and pilgrimage is bearing much fruit!

## **Heart Story**

### **The Signature of Jesus**

The following was written by a pastor in Zimbabwe, who was later martyred for his faith in Jesus Christ.

I’m part of the fellowship of the unashamed. I have the Holy Spirit’s power. The die has been cast. I have stepped over the line. The decision has been made—I’m a disciple of His. I won’t look back, let up, slow down, back away, or be still. My past is redeemed, my present makes sense, my future is secure. I’m finished and done with low living, sight walking, smooth knees, colorless dreams, tamed visions, worldly talking, cheap giving and dwarfed goals.

I no longer need pre-eminence, prosperity, position, promotions, plaudits, or popularity. I don’t have to be right, first, tops, recognized, praised, regarded, or rewarded. I now live by faith, lean on His presence, walk by patience, am uplifted by prayer and I labor with power.

My face is set, my gait is fast, my goal is heaven, my road is narrow, my way rough, my companions few, my Guide reliable, my mission clear. I cannot be bought, compromised, detoured, lured away, turned back, deluded, or delayed. I will not flinch in the face of sacrifice, hesitate in the presence of the enemy, pander at the pool of popularity or meander in the maze of mediocrity.

I won’t give up, shut up, let up, until I have stayed up, stored up, prayed up, paid up, and preached up for the cause of Christ. I am a disciple of Jesus. I must go till He

comes, give till I drop, preach till all know, and work till He stops me. And, when He comes for His own, He will have no problem recognizing me—my banner will be clear!

Perhaps the only honest measure of authentic faith is my readiness for martyrdom. Not only my willingness to die for Jesus Christ and the sake of the gospel, but to live for Him one day at a time.

(Excerpted from *The Signature of Jesus*, by Brennan Manning, Multnomah, 2004.)

Now that we have thoroughly gone through repentance, we should sense more freedom and joy than ever before. Enjoy, rejoice, praise and honor our Lord God! It is because of Jesus' sacrifice that we have been made free and it is the Holy Spirit who will guide us on this journey!

### **Sharing Kingdom Living with Your Leadership and Church**

In John 14:12 Jesus said, "...anyone who has faith in me will do what I have been doing. He will do even greater things than these..."

1. Is this what our lives and the lives of those in the church look like? \_\_\_\_\_  
\_\_\_\_\_
2. Are we having greater impact on the world or is the world having a greater impact on us? \_\_\_\_\_
3. Are our lives characterized by peace, love, joy, faith, and hope? Or are our lives characterized by worry, anxiousness, stress and the tyranny of the urgent? \_\_\_\_\_  
\_\_\_\_\_

Our churches are feverishly working to provide programs that meet our needs. Elders, leaders and volunteers are working to exhaustion to serve their community. Churches are bursting with needs; leaders are actively seeking and implementing programs to keep up with those needs. Yet, the needs and problems are not being solved. Why? Jesus is offering us the abundant life, but it is not being experienced. What is missing? Do we hunger for the abundant life? Secular family problems are the same as family problems in the church. Are the ways most church members live their lives statistically different from those in the world? Why? George Barna states that for the amount of time, funds and effort being expended, the church is experiencing low impact.

4. Is growing intimacy with God a desire and hallmark of the church? \_\_\_\_\_  
\_\_\_\_\_
5. Do church members' lives in Christ look essentially the same from year to year?  
\_\_\_\_\_

Barna also states that there is a tendency to measure our churches by the number of people in the pews, the number of people active in our programs, perhaps the number of people saved, the income produced, or the size of our campus and buildings.

6. What should be the measure of church members spiritual health? \_\_\_\_\_

7. Is one of the key measures the making of disciples and teaching them to observe all that Christ commanded? \_\_\_\_\_

8. What is a disciple? \_\_\_\_\_

How do we know if we truly are one? \_\_\_\_\_

9. How is a disciple developed? \_\_\_\_\_

10. Is the disciple the highest standard or value of spiritual health? \_\_\_\_\_

11. Is there an intentional journey that we can enter? \_\_\_\_\_

Is developing right spiritual behaviors or “loving the Lord with all your heart” a true measure? \_\_\_\_\_

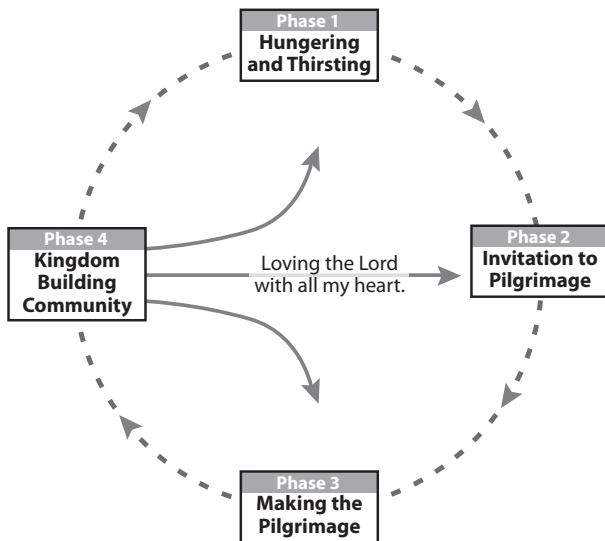
12. What would the church look like if members loved the Lord with all their hearts? \_\_\_\_\_

Loving the Lord with all our heart and our neighbor as ourselves really is the key measure for the church and the individual’s spiritual life. According to Barna’s statistics, a disconnect exists between Jesus’ description of a disciple and what we see as reality in the lives of most Christians. We each need a radical change of heart and mind that will impact our churches and our world. We need a turning to God like this age has never experienced. We need to learn to live in Him, breathe Him in, and be consumed about Him. We need a process to introduce this into people’s lives (and the church) that is cyclical, never stopping, so that this wholehearted living for the Lord can have a true identity within the church. If we can foster revival within the hearts of individuals, we can then have community revival, as the Lord allows.

Let us propose a process that will provide a framework for ongoing disciple-making in the church. This process will reinforce daily living for the kingdom of God. The kingdom living truths need to be powerfully taught, within a condensed period of time, to a group of hungry followers that want the abundant life. This process provides the

opportunity for people to enter into this kingdom lifestyle or to easily opt out. Each progression is optional. The following describes the four phases to the process.

## Kingdom Living Process



The purpose of the process is to cause people to embrace kingdom truths and foster an environment of authenticity for disciples to be born and thrive, being transformed toward a new, adventurous life-style.

### Phase 1 Hungering and Thirsting

(Matthew 5:6)

This teaching is to be given to the hungriest and most teachable people in the church. This phase could include anywhere from 50-150 adults who are:

- Hungry to experience all of God and all He is offering.
- Interested in learning how to live this kingdom life through teaching that is cutting and piercing.
- Willing to span the huge gap between where we truly live and where God has designed us to live.
- Open to enter this pilgrimage to find a full and abundant life.
- Willing to invest in one session. (Approximately 30-45 minutes)
- Willing to choose whether to participate in Phase 2.

### Phase 2 Invitation to Pilgrimage Conference

(Conference DVD available at [www.hearttransformation.org](http://www.hearttransformation.org))

This pilgrimage is available to those who made the decision in Phase 1 to move forward. The purpose of this session is to invite them into a pilgrimage of loving the Lord with “all their heart” and to experience part of the process that leads them into the kingdom living and kingdom building lifestyle. Pilgrims will:

- Invest three hours in length depending on the organization’s/group’s objective.
- Be given the opportunity to enter into the *Heart Transformation for Kingdom Living* process (Phase 3), which is experienced in small groups over a six month period.

(Phases 1 and 2 can be combined.)

### **Phase 3**

#### **Making the Pilgrimage: Heart Transformation for Kingdom Living Pilgrim Group**

The purpose of this small group process is to diminish and eliminate the gap between where we are spiritually at present and where God wants us to be living as an active disciple. Disciples will:

- Meet in groups of approximately eight people every two weeks over a six month time period.
- Have their hearts transformed by God toward living this kingdom lifestyle.
- Engage in continuous transformation.
- Become closer to God exhibiting the Fruit the Spirit and become fruitful for the kingdom of God.
- Experience hope, joy, thanksgiving, love and God's power no matter what their life's circumstances.

### **Phase 4**

#### **The Kingdom Building Community** (A Transformational Community)

The purpose of this community is to provide an encouraging environment to continue in this kingdom living lifestyle. Kingdom lovers will engage in:

- Intimate sharing and praying as whole hearted disciples.
- Gather to reflect, encourage one another, and provide help in brainstorming with others in the process.
- Accountability to the kingdom living and kingdom building lifestyle.
- Training to guide groups, giving testimonies, assisting in conferences, and/or in introducing the *Kingdom Living Process* in other churches.

This four-phase *Kingdom Living Process* should not stop in the church but rather continuously invite others to the pilgrimage. Once one group of people is into the process and moving forward (perhaps finishing Phase 3), the church should begin a new group with Phase 1. The people that have completed the process will be the resources for future groups. The aim is to build up a storehouse of vibrant disciples of Christ, living the kingdom lifestyle completely. The disciple of Jesus is not focused on the activities of a disciple but is living a life of ongoing worship of God through the power of the Holy Spirit, and transforming the world around them. This will produce healthy churches that have the opportunity to impact their members, teens, communities, and nations.

#### **Kingdom Building Community: A Transformational Community Process**

The kingdom building community is a transformational community that wants all that God is offering. They are pilgrims who:

- Have gone through the *Heart Transformation for Kingdom Living* process.

- Commit to a follow-up 24 month building process that deepens their understanding of the kingdom living lifestyle, focused on being fully devoted followers and fulfilling God's calling in their lives.
- Are trained to lead and assist in Phases 1, 2, and 3.
- Authentically live the transforming life. It is the trademark of these people.
- Are constantly listening to the Holy Spirit responding to kingdom building needs in the church and community, especially in the area of spiritual development and outreach.
- Have developed a strong sense of community.
- Are vibrant people who fill needs in the Body, especially in the areas of discipleship and kingdom building.

Note: In order to get this transformational community established, a large enough community of pilgrims must be established in order to establish momentum in the church.

To our leaders in the church: thank you for your faithfulness, diligence and endurance in advancing the Body of Christ. Be encouraged that revival can take place as a result of fostering transformed lifestyles in your church, organizations, and community.

We invite you to join this initiative in order to make *being disciples of Jesus the key measure of the church's health*. There is no substitute for loving the Lord with all our heart, soul, strength and mind; and loving our neighbor as ourself.

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## Heart Lab #26

### Plan of Action

How will you demonstrate kingdom living in the following areas:

Marriage

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Family

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Church

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Neighborhood

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Community

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## Kingdom Living Results in Fellowship

Fellowship is essential in our pilgrimage. If we attempt to go on this pilgrimage without having companions, we have greatly increased our vulnerability. “Encourage one another daily as long as it is called today, so that none of you may be hardened by sin’s deceitfulness” (Hebrews 3:13). We must be traveling with people that are on the same pilgrimage with uncommon commitment.

### The Importance of Fellowship

In John 15, Jesus communicates about the vital relationships between God the Father, God the Son, and the disciples. Read John 15:1-18 and answer the questions below.

1. Who is described in the following:

- the vine \_\_\_\_\_
- the gardener \_\_\_\_\_
- the branch \_\_\_\_\_

2. Describe these gardening terms and what Jesus was saying.

- cut off \_\_\_\_\_
- prune \_\_\_\_\_

Fellowship is Koinonia in Greek and means community, joint participation, sharing with one another.

3. What does “apart from me, you can do nothing” mean to you? \_\_\_\_\_  
\_\_\_\_\_
4. What does “ask whatever you wish” mean to you? \_\_\_\_\_  
\_\_\_\_\_
5. You are his disciple if you bear much fruit. Considering these verses, what fruit does God desire to bear through you? \_\_\_\_\_  
\_\_\_\_\_
6. What is the importance of obeying? \_\_\_\_\_  
\_\_\_\_\_
7. Remain means “abide, to stay, not to depart, to remain as one.”
  - How many times does “remain” appear in this Scripture? \_\_\_\_\_
  - How does one remain in him? \_\_\_\_\_  
\_\_\_\_\_
8. What is Jesus’ command? \_\_\_\_\_  
\_\_\_\_\_
9. How does Jesus communicate the absolute necessity of fellowship with Him as seen in the above verses? \_\_\_\_\_  
\_\_\_\_\_

Jesus further communicates the importance of fellowship (John 17); the relationship He has with His father (verses 1-5); the disciples relationship with Him (verses 6-19) and for all believers (verses 20-26). Explore Jesus’ prayer to the Father. Read John 17:1-5 and respond to the questions below.

10. What was Jesus’ request for himself? \_\_\_\_\_
11. What was the purpose? \_\_\_\_\_  
\_\_\_\_\_
12. What had the Father given Jesus? \_\_\_\_\_
13. What was the purpose and to whom was it to be given? \_\_\_\_\_  
\_\_\_\_\_
14. What is eternal life? \_\_\_\_\_  
\_\_\_\_\_
15. How did Jesus bring glory to the Father on earth? \_\_\_\_\_  
\_\_\_\_\_
16. What was Jesus’ final request for himself? \_\_\_\_\_  
\_\_\_\_\_

According to *The Bible Knowledge Commentary*, “to know” as used in John 17:3, is often used in the Septuagint and sometimes in the Greek New Testament to describe the intimacy of a sexual relationship, thus a person who knows God has an intimate personal relationship with him.

17. What is glory? \_\_\_\_\_  
How are we to bring glory? \_\_\_\_\_  
\_\_\_\_\_

Jesus prayed for His disciples. Read John 17:6-19 and respond below.

18. What did Jesus make sure the disciples knew and what did Jesus give them?  
\_\_\_\_\_  
\_\_\_\_\_
19. How has glory come to Jesus? \_\_\_\_\_  
What is this glory? \_\_\_\_\_  
\_\_\_\_\_
20. What did Jesus pray for them and for what purpose? \_\_\_\_\_  
\_\_\_\_\_
21. What are the two greatest dangers for the believer? \_\_\_\_\_  
\_\_\_\_\_
22. What is the significance of this prayer? \_\_\_\_\_  
\_\_\_\_\_  
What conclusion would you make for yourself? \_\_\_\_\_  
\_\_\_\_\_

Jesus showed the importance of fellowship when He prayed for all believers (John 17:20-26). Jesus prays that their unity in purpose will validate their message. "May they also be in us so the world may believe that you have sent me" (verse 21).

23. Who is Jesus praying for? \_\_\_\_\_
24. What is his request? \_\_\_\_\_  
\_\_\_\_\_
25. What is the example of oneness? \_\_\_\_\_
26. What is the second request for the believer? \_\_\_\_\_  
Why? What does "be in us" mean? \_\_\_\_\_  
\_\_\_\_\_
27. What has Jesus given us? \_\_\_\_\_  
\_\_\_\_\_  
Why? How? \_\_\_\_\_
28. What is Jesus' third request? \_\_\_\_\_  
Why? What does complete unity look like? \_\_\_\_\_  
\_\_\_\_\_

29. What does Jesus want for those given to him? \_\_\_\_\_  
\_\_\_\_\_

30. What does “with him where I am” mean? \_\_\_\_\_  
\_\_\_\_\_

31. What does “to see his glory” mean? \_\_\_\_\_  
\_\_\_\_\_

Jesus states “I know you” and “I have made you known to them and will continue to make you known.”

32. For what purpose does he do this? \_\_\_\_\_  
\_\_\_\_\_

33. What is the prayer in John 17:1-26 about? \_\_\_\_\_  
\_\_\_\_\_

As pilgrims, we must travel with the Lord and become one with Him! We need the fellowship of other disciples traveling with us. There is strength in encouraging each other daily. Quality fellowship with the Lord will lead to quality fellowship with others. Quality relationship with others will give us a true picture of the quality of relationship we have with the Lord. They go hand in hand. We may be able to fool ourselves that everything is great in our relationship with the Lord, but others will give us an unbiased picture of what is truly going on in our hearts. This fellowship taught by Jesus requires grace, love, and forgiveness as well as strength. Let us not be passive about our fellow sojourners!

### **Journal Response**

As we journey in pilgrimage and life, having fellow travelers with us is equally important. How will you seek out or strengthen relationships in your pilgrimage?

## **Kingdom Living Results in Praise and Worship**

There is nothing that brings greater praise and honor to the Lord than when we live the life He designed. The purpose of life is to bring glory to God and to love him with all of our hearts. We must know Him, be like Him, and do what He did, therefore we will bear much fruit. There is nothing in this life that God cares more about than this. We become everything that God created us to be. We cannot bring greater praise or honor to God than by living this life of loving Him.

Consider what Christ has done. All things are from Him, through Him, and to Him. He created us for His glory. Consider who He is! He is omnipotent, omniscient, and omnipresent. Consider how He has sacrificed! He gave His life to save us. Consider what He is offering—cleansed of sin, being with Him for eternity, and receiving all kinds of blessings—real and lasting peace, joy, hope, thankfulness, love, and power.

On what should our lives be focused? These two steps offer a summation of kingdom living.

Step 1: Be a *kingdom liver*—loving, serving, obeying and trusting with all of our hearts.

- Know Him as David demonstrated (Psalm 86).
- Be filled with the Spirit of God (Ephesians 5:18).
- Live according to the Spirit (Romans 8:5).

Step 2: Be a *kingdom builder*. Because we are full of God's love and His Spirit, we will share what He is doing in us, for us and through us with everyone we know.

- Kingdom builders bear much imperishable fruit—making disciples and teaching them to obey (John 15:16 and Matthew 28:19).
- Kingdom builder's lives should be an ongoing celebration, praising God and glorifying Him through our words, attitudes and actions. This is made possible through genuine repentance and the Spirit of God filling us. As a result, we live this life in the freedom that Jesus intended. We are free to love God and to do His will, bringing Him glory!

### **Glorifying God is all about Kingdom Living and Kingdom Building**

Since this is the kind of life we have chosen, the life of the Spirit, let us make sure that we do not just hold it as an idea in our heads, or a sentiment in our hearts, but work out its implications in every detail of our lives. (Galatians 5:25, *The Message*)

Make observations on “glory” in these verses:

...everyone who is called by my name, whom I created for my glory, whom I formed and made. (Isaiah 43:7)

So whether you eat or drink or whatever you do, do it all for the glory of God. (1 Corinthians 10:31)

For from him and through him and to him are all things. To him be the glory forever! Amen. (Romans 11:36-12:1)

May the God who gives endurance and encouragement give you a spirit of unity among yourselves as you follow Christ Jesus, so that with one heart and mouth you may glorify the God and Father of our Lord Jesus Christ. (Romans 15:5-6)

Now the Lord is the Spirit, and where the Spirit of the Lord is, there is freedom. And we, who with unveiled faces all reflect the Lord's glory, are being transformed into his likeness with ever-increasing glory, which comes from the Lord, who is the Spirit. (2 Corinthians 3:17-18)

Because your love is better than life, my lips will glorify you. (Psalm 63:3)

I will praise you, O Lord my God, with all my heart; I will glorify your name forever. (Psalm 86:12)

Let them give glory to the LORD and proclaim his praise in the islands. (Isaiah 42:12-13)

For I tell you that Christ has become a servant of the Jews on behalf of God's truth, to confirm the promises made to the patriarchs so that the Gentiles may glorify God for his mercy, as it is written: "Therefore I will praise you among the Gentiles; I will sing hymns to your name." (Romans 15:7-9)

This is to my Father's glory, that you bear much fruit, showing yourselves to be my disciples. (John 15:8)

Our Lord tells us in John 15:5 "apart from me you can do nothing." We must remain in Him continually, surrendered to His will and purposes. It is here that we will find the abundant life and never want to be dissuaded from it. We will live each day with passion to be in Him, to know Him, to do His will, to bear much fruit and to walk with His Spirit.

Our journey has only begun. It is a lifetime journey and we must continue in the process from this day forward. If we do, we will not be able to contain these principles within ourselves. We will be compelled by the Spirit of God to share them. The most valuable fruit, outside of our loving Him and being in intimate relationship with Him, will be making disciples who also enter into pilgrimage. The world around us will be transformed. The Lord within will impact the world without. There will be fruit in our families, with our friends, with our co-workers, with our communities, with the poor, with the widows, and with others that God has given us.

So, be diligent and persevere, because, those who persevere become complete and mature...You will have stood the test and received the crown of life that God has promised to those who love him. (James 1:4, 12)

We each want to hear God say, "Well done good and faithful servant."

## Session 13 Assignment

1. Read chapter 6, pages 192-194.
2. Complete Heart Lab # 27.
3. Memorize John 15:8.
4. Journal—"I See the Light of Christ in You."
5. Share Heart Lab #25—*My Personal Commitment to Spiritual Health* (page 176) with someone.

## Pilgrim Guide

The Lesson Plan for Session 13 is on page 54 of the *Leader's Guide*.

## A Personal Blessing

Thank you for participating and enduring in this initial phase of your journey. You have been led to true discipleship in Christ. Being a disciple brings responsibility and blessing: a great joy because we are able to serve the One we love so dearly. We have experienced deeper intimacy with Christ.

We charge and commission you to live this life of a disciple, being a kingdom liver and a kingdom builder. Be thankful that you are now at a point where you can experience being in the presence of God and His kingdom work on a daily, moment by moment basis. Now is the time for you to teach this to someone else and invite him or her to enter the pilgrimage with you.

The Lord will richly bless you and yours as you continue the journey faithfully!

## Conclusion

### The Ongoing Heart Transformation Process

Ongoing Heart Transformation is a never-ending lifestyle of living for God and His kingdom which includes:

1. More rocks and sins being revealed.
2. Personal commitment to spiritual health.
3. My plan of action.

### More rocks and sins being revealed.

We have experienced the five stages of the heart (page 33), ending with a free and rejoicing heart. We have learned that the journey requires radical action toward kingdom living, following God's will by faithfully building His kingdom. HT is cyclical, a lifestyle that does not end as God continues to remove sin patterns and wounds. As we become freer and more empowered, overflowing with God's presence and fruit, Satan's powers and principalities tremble. They will continue to attack areas in our hearts (wounds, sin patterns, wrong desires, beliefs and fears). That is why vital relationships and ongoing Heart Transformation are essential to kingdom living. Repeat the process of *Heart Lab #24: Heart Transformation Summary* to continue the ongoing HT process in your life.

### Personal commitment to spiritual health.

The personal mission statement created earlier using *Heart Lab #25: My Personal Commitment to Spiritual Health* will continue to serve as a barometer of your spiritual health. Review your statement and look for opportunities to share it with others.

## My plan of action.

Review your responses in the five categories of *Heart Lab #26: Plan of Action* (page 185). As you carry out your plans, be encouraged by this Scripture: “What is impossible with men is possible with God” (Luke 18:27).

Heart Transformation sets us free to think the impossible and to live our lives as God’s instruments. As we trust Him more fully, our faith increases and He will reveal the impossible things that we could never have imagined He would do in and through us. We must remove the limits and sin that entangles us. We must remove all wrong thinking and be preoccupied with who God is and how He will make us great (Psalm 18:35). Now is the time to think about what God would have us do as a result of loving Him with all our hearts. Now is the time to begin praying for and inviting people that God would have us guide through Heart Transformation. We have a great God.

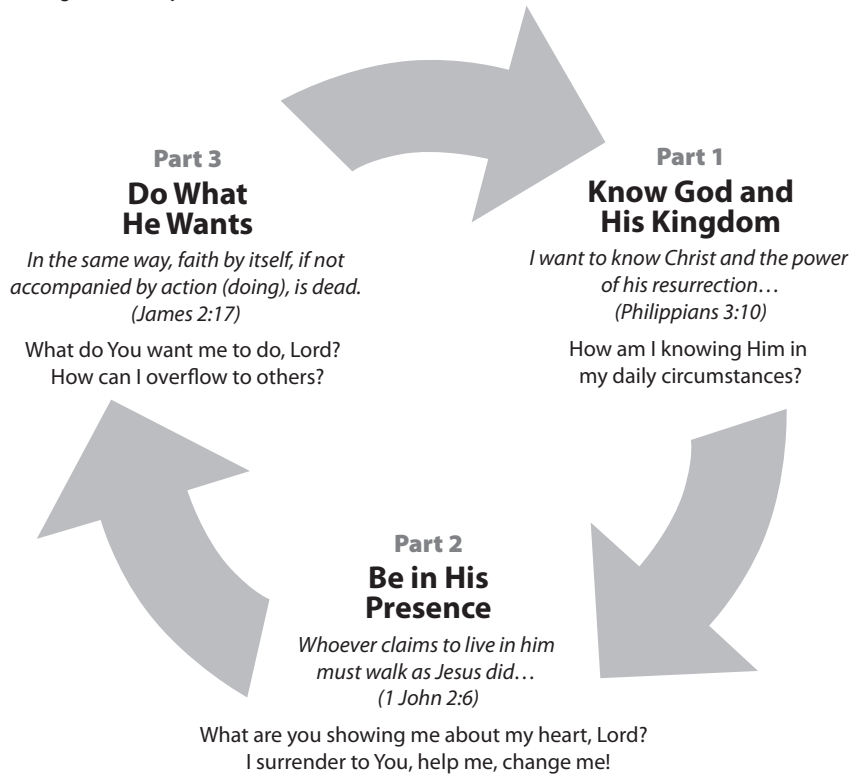
Peter said to him (Jesus), “We have left everything to follow you!” “I tell you the truth,” Jesus replied, “no one who has left home or brothers or sisters or mother or father or children or fields for me and the gospel will fail to receive a hundred times as much in this present age (homes, brothers, sisters, mothers, children and fields—and with them, persecutions) and in the age to come, eternal life.” (Mark 10:28-30)

Can we believe the God of impossibilities will do these things in and through us? He wants to do impossible things in our lives and the lives of the people He has called us to touch. What a privilege we have. Our God, for whom nothing is impossible, can foster revival in families, churches, communities and many different countries. God is waiting on us to embrace Him fully and receive His power. He can do great and mighty things through us. Rise up; we serve a mighty God who is able to do the impossible!

## Heart Lab #27

# Continual Kingdom Living

Review the kingdom lifestyle below: Know, Be, and Do.



List everyday situations that you can evaluate using Know, Be, and Do.

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### Journal Response

Use this model for seeing how to live fully for God's kingdom. Record the results in your journal.

Memorize Matthew 28:19.

# Appendix



## Session 3 Additional Reading Assignment

# What Characterizes a Pilgrim Who Succeeds?

We are the guides on this pilgrimage and those in our groups are observing how we prepare and how we travel. They will see how we experience the journey, whether we are on the journey full of doubt, worry, anxiousness and fear or whether we travel in faith and confidence, knowing we will realize our destination. “You will seek me and find me when you seek me with all your heart” (Jeremiah 29:13). The world has many different ways of identifying the destination. We define it as finding and living out the very heart of God. It is becoming a Kingdom Liver; it is becoming a Kingdom Builder; it is living a life of love and intimacy. If we seek Him with all of our hearts, there is no doubt that we will arrive there. Loving Him with “all” is what we are to model. Our pilgrims are counting on us.

The pilgrims will have different responses initially to this journey. Some will hold back and want to observe and not engage. Some will embrace immediately because they have been waiting for this kind of pilgrimage. Some will be nervous and the enemy will cause them to doubt and question. Some will fight the journey and think they already have a better way. So, be bold and confident. There is a path laid out and depending on the conditions, tests, and trials, the Holy Spirit will guide each person on his personal path. To have success, we must be doing the things to which God is calling us. We will need to trust God and encourage one another. There is nothing in all of life that can compare to the destination of this pilgrimage. Everything is to be put into the hands of God. Those things we are called to release, the things of the world, will boldly be released. We have found that some of the things of the world are fully enjoyable and are not wrong, but what makes them wrong is our purpose and motives. As they are released, the Lord will allow us to re-engage when our purpose and motives become right. When we get our lives aligned with a heart desiring to bring glory to God in everything we do, we can experience freedom.

Pilgrims must enter into the journey, understanding that it will require uncommon commitment. They must understand that they need to travel light so that they do not get bogged down, unable to respond when God speaks to them. This requires “margin” in their lives: space in our hearts, minds and schedules to hear God and respond to Him. Their lives should be unencumbered with no unnecessary emotional or physical baggage. It is the journey and destination of the pilgrims that are important and will affect them for all eternity. The pilgrims will not stop until their destinations are realized; they will seek the Lord with all of their hearts.

As guides, modeling is crucial. We must model transparency and vulnerability with each exercise that we do. When it comes time to share wounds that have led to sin patterns in our lives, we will need to share first. Share how you feel about it, what God is doing about it, and how you are becoming free. You will find sharing to be an incredibly

powerful tool that will deeply touch and open the hearts of your pilgrims. You cannot help a pilgrim if he does not open his heart and ask God to do whatever He wants to do in it. Opening hearts takes place differently for each pilgrim. Some will move quickly and some you will wonder if they ever will experience this freedom. You will stand firm in your faith, demonstrating what a healthy pilgrim is. Not only will you have the opportunity over and over again to demonstrate your faith but also to express and demonstrate your trust in God. Remember that you cannot carry them. You can help them, but it is their pilgrimage! Those that do not cooperate can become a great detriment to the others, so love them and carefully deal with them. It may require that you ask them to remove themselves from the group. Your first responsibility is to your group's health, and secondly, to the individuals. Once the pilgrims get far enough into the journey, they will learn that the healthiest thing they can do is to hold nothing back from God. At times the pilgrims will experience pain. If they focus on the pain, sometimes they never come out of it. But, if they change their focus to the healing, they will receive the blessings that will come for the rest of their lives. The pain will not be important. Be bold, encourage them! As an effective guide, pray for each person, encourage each of them, and model not flawless but faithful, courageous, trusting pilgrimage, following the lead of the Holy Spirit.

## Session 4 Additional Reading Assignment

# Yearning and Satisfaction

Our heart and soul thirsts continually, either for God or for the things of the flesh.

In Psalm 63:1 David says, “Oh God, you are my God, earnestly I seek you; my soul thirsts for you, my body longs for you, in a dry and weary land where there is no water.”

Ephesians 2:3 says, “All of us also lived among them at one time gratifying the cravings of our sinful nature and following its desires and thoughts.”

1 Peter 2:11 says, “Dear friends, I urge you as aliens and strangers in the world, to abstain from sinful desires which war against your soul.”

Psalm 84:1 says, “My soul yearns, even faints, for the courts of the Lord; my heart and my flesh cry out for the living God.”

Our heart reaches out, yearns, thirsts, and craves for our human desires or for what the Spirit desires. The heart thirsts and craves and must be satisfied; it will not be denied. As the heart thirsts, it also seeks satisfaction. If it seeks the side of the flesh, the satisfaction will be temporary, limited, artificial, and of no value to the soul. If it seeks for God in righteousness, it will find the real satisfaction and contentment that God wants to give each of us. It is clear that until we continually seek to satisfy our thirst through loving our Lord with all of our hearts, we are vulnerable to the desires of our flesh.

Pilgrims must surrender the desires of their hearts by choosing what the Spirit desires, and aligning with Him. Our Lord is romancing our hearts, calling us to go the extra mile which leads to righteousness and blessing. But the enemy is also there seducing us; he is right in our face. The world is flashing its ads for fulfilling our thirst with false satisfaction. If we continue to choose to follow the romancing and deny the seduction, we will become wiser, stronger, and the Spirit of God will be more alive within us. We will make wise choices. This is the progressive cycle in which we want to stay, choosing this life of love and avoiding all the pitfalls that drag us down and take us out, as well as wound our loved ones. We must choose to satisfy our heart's desires wisely; choose to develop right desires, and to have Him as our all in all. He will continually transform our yearnings with the satisfaction of His presence and healing power.

## Session 5 Additional Reading Assignment

# The Process of Transforming

The transformed heart is one that has experienced radical change and has arrived at a point of being made pure in a specific area. We each seek to be transformed holistically. But, the transformation takes place one, two, or three issues at a time. (See the *HT Preview*, available for download at [www.hearttransformation.org](http://www.hearttransformation.org)). The continual transforming is what makes this an exciting journey because we will see the hand of God doing His work in us and doing His work through us. We do not know which day and at which hour.

We can be assured that God will do this transforming according to His specific timing. Each issue in which we become transformed draws us closer to true intimacy with God, and fills our hearts with more of His presence. God wants us to demonstrate our true love for Him by wanting Him alone as our heart's desire. He will set us free, issue by issue. We do not have to wait until the Repentance Section. We can experience transformation right now. The sooner we listen, hear, understand and turn our hearts to Him, the sooner His light and power will come into our hearts and He will heal us. But it is not a casual moment when we do this; it is a desperate calling out to God, a desire for cleansing and freedom.

## Hindrances and Barriers/Satan's Attack

The guide must be alert to the enemy because he is very cunning and deceptive. He declares all out war against us. In 1 Peter 5:8 it states, "Be self-controlled and alert. Your enemy the devil prowls around like a roaring lion looking for someone to devour." Satan and his pack will use anything and everything to hinder and destroy spiritual health. He desires to insert evil and to destroy us, at the very least to hold us back and take us off-track.

Do not fear for our God has won the victory for us, for you. In Colossians 2:15 it says, "And having disarmed the powers and authorities, he made a public spectacle of them, triumphing over them by the cross." So, don't be faint of heart, we have God residing in us; we have this victory: stand on His word and His name! Always use the name of Jesus and the names of God to exercise the authority He has given us.

In 2 Corinthians 10:3-4 it states, "For though we live in the world, we do not wage war as the world does. The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds." A stronghold means a fortification. We each have strongholds in our lives that influence/control what we think, how we think, how we feel...which influence how we live. The divine weapons are spoken of in Ephesians 6:10-18. Put on the full armor of God. Stand firm with the belt of truth. Put on the breastplate of righteousness. Fit your feet with the readiness that comes from the gospel of peace. Take up the shield of faith which extinguishes the flaming arrows of

the evil one. Take the helmet of salvation and the sword of the Spirit which is the Word of God. Pray in the Spirit on all occasions. These are some of your divine weapons. In Christ you are unconquerable; you have been declared a conqueror!

In practical form, the hindrances are displayed in many ways.

- We are *paralyzed by fear* that comes from a lack of faith and wounds we have experienced in the past.
- We are *injured* to the point that we can not hear what God is saying to us.
- We can not act when God has spoken to us because we lack faith.
- We have *wrong beliefs* that are not from God but cause us to think incorrectly.
- We have *wrong desires* that we treasure and that are not consistent with the will of God. Some actually become idols.
- We have even whitewashed some of our desires and *justified* that *wrong things* in our lives are okay.

Some of these things become hindrances and others are absolute barriers to spiritual health. If we hold sin within us, it becomes a barrier to hearing God's voice. We even have bold/overt sin within us where we are actively going against God. We have "patterns" of sin in our lives that we confess, yet we love the sin so much versus hating it, that we continue to go back to it. We have unconscious sin within us that we are living in and are blind in recognizing. These are some of the things that keep us from loving God with all our hearts and being able to receive all the love God has for us. These are things that keep us from being vibrant and powerful pilgrims that conquer. These things keep us from being pilgrims that overflow with the love of God and, therefore, looking no different from anyone else in the world.

Guides, we have the power of the gospel. We have the armor of God. The enemy will be defeated if we choose to be authentic and not whitewash our sin! It will be important for us to be confident in God that every one of these hindrances and barriers of sin can be destroyed. It will be important that we model being authentic and really share the areas by which we and God are taking on the enemy in our lives! Do not be shy, be bold. Do not be politically correct, be truthful.

In the workbook, we have been doing activities that reveal these hindrances and barriers as sin. We also are touching on wounds, (the results of injuries that people have experienced in their lives). The manifestations of these wounds can cause them to display:

- Deceit/Masks
- Shame
- Loss/Grief
- Anger
- Fear
- Bitterness

# Heart Transformation Workbook and Session Integration Chart

Session	Workbook (WB) Chapter <i>To be discussed during session.</i>	Word of God	Heart Lab (HL) Sharing/HT Activity	Assignment for the Next Session
Heart Transformation Introductory Meeting	<b>Introduction</b>	<ul style="list-style-type: none"> <li>• Luke 10:27—Love God with <i>all</i></li> <li>• John 14:12—Do what Jesus did and more</li> <li>• John 10:10b—Life to the full</li> </ul>	<p>Get to know each other</p> <p>For the Lesson Plan and instructions, see <i>Group Sessions, Heart Transformation Introductory Meeting</i>, Leader’s Guide (LG p. 18)</p> <ol style="list-style-type: none"> <li>1. Discuss Check-in (LG p. 15) and Check-out Procedure (LG p. 17)</li> <li>2. Discuss Covenants (WB pp. 16–18)</li> <li>3. Discuss the Mid-week Check-in (LG p. 21)</li> </ol>	<p><b>Session 1 Assignment</b></p> <ol style="list-style-type: none"> <li>1. Re-read WB pp. 11–14 of the Introduction, read Chapter 1 and complete the exercises</li> <li>2. Complete three Heart Labs (HL): <ul style="list-style-type: none"> <li>• HL #1—<i>What Does Kingdom Living Look Like?</i> (WB p. 21)</li> <li>• HL#2—<i>A Life of Love versus a Life of Duty, Discipline, and Determination</i> (WB p. 23)</li> <li>• HL#3—<i>Power Pipeline Worksheet</i> (WB p. 27)</li> </ul> </li> <li>3. Memorize John 14:12</li> <li>4. Get a personal journal</li> </ol>
<b>1</b> The Journey Begins	<b>Chapter 1</b> <i>The Journey Begins</i> WB pp. 19–33	<ul style="list-style-type: none"> <li>• John 15:8—Fruit</li> <li>• John 14:12—Do what I have been doing</li> <li>• <i>Five Secrets of a Transformed Heart</i>: overflowing with hope, thanksgiving, joy, power, and love, combined with the Fruit of the Spirit (WB p. 29)</li> </ul>	<ol style="list-style-type: none"> <li>1. HL #1—<i>What Does Kingdom Living Look Like?</i></li> <li>2. HL #2—<i>A Life of Love versus a Life of Duty, Discipline, and Determination</i></li> <li>3. HL #3—<i>Power Pipeline Worksheet</i></li> <li>4. Share a journal entry</li> <li>5. Recite John 14:12</li> </ol>	<p><b>Session 2 Assignment</b></p> <ol style="list-style-type: none"> <li>1. Read Chapter 2, WB pp. 35–50, and complete the exercises</li> <li>2. Complete three Heart Labs: <ul style="list-style-type: none"> <li>• HL #4—<i>The Pilgrim’s First Daily Thoughts</i> (WB p. 41)</li> <li>• HL #5—<i>Your Lifeline</i> (WB p. 46)</li> <li>• HL #6—<i>Healing the Wound of Deceit/Masks</i> (WB p. 48)</li> </ul> </li> <li>3. Memorize Psalm 84:5 and 86:11</li> <li>4. Review and learn the <i>Five Secrets of a Transformed Heart</i> (WB p. 29)</li> </ol>
<b>2</b> Pilgrimage, Part 1	<b>Chapter 2</b> Pilgrimage WB pp. 35–50	<ul style="list-style-type: none"> <li>• Psalm 84—Pilgrimage</li> <li>• Psalm 86—Divided Heart</li> </ul>	<ol style="list-style-type: none"> <li>1. HL #4—<i>The Pilgrim’s First Daily Thoughts</i></li> <li>2. HL #5—<i>Your Lifeline</i></li> <li>3. HL #6—<i>Healing the Wound of Deceit/Masks</i></li> <li>4. Psalm 84 and Psalm 86—Share a key point from your journal on each</li> <li>5. Pilgrimage Game (optional) (LG p. 28)</li> <li>6. Recite <i>Five Secrets of a Transformed Heart</i></li> <li>7. Recite Psalm 84:5 and 86:11</li> </ol>	<p><b>Session 3 Assignment</b></p> <ol style="list-style-type: none"> <li>1. Read Chapter 2, WB pp. 51–63, and complete the exercises</li> <li>2. Complete two Heart Labs: <ul style="list-style-type: none"> <li>• HL #7—<i>Cultural Christianity</i> (WB p. 54)</li> <li>• HL #8—<i>Healing the Wound of Shame</i> (WB p. 61)</li> </ul> </li> <li>3. Memorize Matthew 13:13-15</li> <li>4. Journal How I have partnered with God today</li> <li>5. Do a mid-week check-in with some or all of your Pilgrim Group members</li> </ol> <p>Additional reading—<i>What Characterizes a Pilgrim Who Succeeds?</i> (WB p. 196)</p>

**Legend:** HL Heart Lab  
WB Pilgrim Workbook  
LG Leader’s Guide

Session	WB Chapter	Word of God	Heart Lab (HL) Sharing/HT Activity	Assignment for the Next Session
<b>3</b> Pilgrimage, Part 2	<b>Chapter 2</b> Pilgrimage WB pp. 51–63	<ul style="list-style-type: none"> <li>• Matthew 13:8-9, 13-15—Hear, See, Turn</li> </ul>	<ol style="list-style-type: none"> <li>1. HL #7—<i>Cultural Christianity</i></li> <li>2. HL #8—<i>Healing the Wound of Shame</i></li> <li>3. Towel Exercise (LG p. 30)</li> <li>4. Share journal entry on “How I have partnered with God”</li> <li>5. Recite Matthew 13:13-15</li> </ol>	<b>Session 4 Assignment</b> <ol style="list-style-type: none"> <li>1. Read Chapter 3, WB pp. 65–88, and complete the exercises</li> <li>2. Complete two Heart Labs: <ul style="list-style-type: none"> <li>• HL #9—<i>Discovering Your Heart’s Condition</i> (WB p. 86)</li> <li>• HL #10—<i>Healing the Wound of Loss/Grief</i> (WB p. 87)</li> </ul> </li> <li>3. Memorize Jeremiah 29:13</li> <li>4. Journal—Journal about being weighed down (towel exercise)</li> </ol> Additional reading— <i>Yearning and Satisfaction</i> (WB p. 198)
<b>4</b> The Truth of the Heart, Part 1	<b>Chapter 3</b> The Truth of the Heart WB pp. 65-88	<ul style="list-style-type: none"> <li>• John 17:20-23—Intimacy</li> <li>• 1 John 4:7-8, 16—God is Love</li> </ul>	<ol style="list-style-type: none"> <li>1. HL #9—<i>Discovering Your Heart’s Condition</i></li> <li>2. HL #10—<i>Healing the Wound of Loss/Grief</i></li> <li>3. Matthew 14:25-33—Peter’s boat experience</li> <li>4. Hurdles and Overcomer Plan</li> <li>5. Share journal entry on being weighed down (towel exercise)</li> <li>6. Recite Jeremiah 29:13</li> </ol>	<b>Session 5 Assignment</b> <ol style="list-style-type: none"> <li>1. Read Chapter 3, WB pp. 89–102, and complete the exercises</li> <li>2. Complete three Heart Labs: <ul style="list-style-type: none"> <li>• HL #11—<i>Healing the Wound of Anger</i> (WB p. 94)</li> <li>• HL #12—<i>Discovering Your Heart, Part 1</i> (WB p. 98)</li> <li>• HL #13—<i>Heart Treasures</i> (WB p. 100)</li> </ul> </li> <li>3. Memorize 1 Corinthians 3:14-15</li> <li>4. Journal—How is your heart displaying godly desires each day?</li> <li>5. Record Overcomer Plan in your calendar</li> </ol> Additional reading— <i>The Process of Transforming and Hindrances and Barriers/Satan’s Attack</i> (WB p. 199)
<b>5</b> The Truth of the Heart, Part 2	<b>Chapter 3</b> The Truth of the Heart WB pp. 89–102	<ul style="list-style-type: none"> <li>• Genesis 6:5—Heart inclinations are evil</li> <li>• Matthew 5:8—Pure heart</li> </ul>	<ol style="list-style-type: none"> <li>1. HL #11—<i>Healing the Wound of Anger</i></li> <li>2. HL #12—<i>Discovering Your Heart, Part 1</i></li> <li>3. HL #13—<i>Heart Treasures</i></li> <li>4. Recite 1 Corinthians 3:14-15</li> </ol>	<b>Session 6 Assignment</b> <ol style="list-style-type: none"> <li>1. Read Chapter 4, WB pp. 103–116, and complete the exercises</li> <li>2. Complete one Heart Lab: <ul style="list-style-type: none"> <li>• HL #14—<i>Healing the Wound of Fear</i> (WB p. 114)</li> </ul> </li> <li>3. Memorize Luke 6:45</li> <li>4. Journal—“What is my motivation for seeking and serving God?” and “How am I following God with my whole heart?”</li> </ol>
<b>6</b> Trusting God, Part 1	<b>Chapter 4</b> Trusting God WB pp. 103–116	<ul style="list-style-type: none"> <li>• Isaiah 61:1—Freedom</li> <li>• 1 Peter 5:8—Satan the Roaring Lion</li> </ul>	<ol style="list-style-type: none"> <li>1. HL #14—<i>Healing the Wound of Fear</i></li> <li>2. Share what you experienced concerning “What is my motivation for seeking and serving God?” and “How am I following God with my whole heart?”</li> <li>3. Recite Luke 6:45</li> </ol>	<b>Session 7 Assignment</b> <ol style="list-style-type: none"> <li>1. Read Chapter 4, WB pp. 117–126, and complete the exercises</li> <li>2. Complete two Heart Labs: <ul style="list-style-type: none"> <li>• HL #15—<i>How I Have Been Transformed</i> (WB p. 120)</li> <li>• HL #16—<i>Healing the Wound of Bitterness</i> (WB p. 124)</li> </ul> </li> <li>3. Memorize Matthew 6:21</li> <li>4. Journal—Reflect on the six wounds and how you are seeing God’s healing at this point.</li> </ol>

Session	WB Chapter	Word of God	Heart Lab (HL) Sharing/HT Activity	Assignment for the Next Session
<b>7</b> Trusting God, Part 2	<b>Chapter 4</b> Trusting God WB pp. 117–126	<ul style="list-style-type: none"> <li>• 1 Corinthians 12:31b and 13:13—Love, the more excellent way</li> <li>• Matthew 13:15—Calloused Heart</li> <li>• Revelation 3:20—Open door</li> </ul>	<ol style="list-style-type: none"> <li>1. <i>HL #15—How I Have Been Transformed</i></li> <li>2. <i>HL #16—Healing the Wound of Bitterness</i></li> <li>3. Blindfolded paralytic game (LG p. 38)</li> <li>4. Share journal entry on what you have learned about the six wounds and how you are seeing God’s healing at this point.</li> <li>5. Recite Matthew 6:21</li> </ol>	<b>Session 8 Assignment</b> <ol style="list-style-type: none"> <li>1. Read Chapter 5, WB pp. 127–143, and complete the exercises</li> <li>2. Complete four Heart Labs: <ul style="list-style-type: none"> <li>• <i>HL #17—Who Owns My Life and to Whose Glory is it Lived?</i> (WB p. 131)</li> <li>• <i>HL #18—Living All For Him</i> (WB p. 132)</li> <li>• <i>HL #19—Sins in My Heart</i> (WB p. 136)</li> <li>• <i>HL #20—Discovering Your Heart, Part 2</i> (WB p. 142)</li> </ul> </li> <li>3. Memorize Mark 10:30-31</li> </ol>
<b>8</b> Repentance, Part 1 Preparation	<b>Chapter 5</b> Repentance WB pp. 127–143	<ul style="list-style-type: none"> <li>• John 1:16-17—Grace and truth through Christ</li> </ul>	<ol style="list-style-type: none"> <li>1. <i>HL #17—Who Owns My Life and to Whose Glory is it Lived?</i></li> <li>2. <i>HL #18—Living All for Him</i></li> <li>3. <i>HL #19—Sins in My Heart</i></li> <li>4. <i>HL #20—Discovering Your Heart, Part 2</i></li> <li>5. Recite Mark 10:30-31</li> </ol>	<b>Session 9 Assignment</b> <ol style="list-style-type: none"> <li>1. Review Chapter 5, WB pp. 127–143, and read pp. 144–149</li> <li>2. Review all previous Heart Labs and complete two Heart Labs: <ul style="list-style-type: none"> <li>• <i>HL #21—Healing Your Wounds Summary</i> (WB p. 144)</li> <li>• <i>HL #22—Satan’s Strategies Keep Us from God</i> (WB p. 146)</li> <li>• <i>HL #23—Dear Jesus Letter</i> (WB p. 150) will be completed during the retreat</li> </ul> </li> <li>3. Memorize Psalm 51:4</li> <li>4. Journal—Journal in preparation for the retreat. Record your thoughts about your previous Heart Labs.</li> <li>5. During your three-day fast, spend time daily in prayer and contemplation</li> </ol>
<b>9</b> Repentance, Part 2 Retreat	<b>Chapter 5</b> Repentance WB pp. 144–149	<ul style="list-style-type: none"> <li>• 1 John 4:16b—God is love</li> <li>• Ephesians 5:1-2—Imitators</li> <li>• 1 John 1:9—Confess</li> <li>• 1 John 2:15-16—Do not love the world</li> <li>• 1 Peter 1:16b—Be holy</li> </ul>	<p><i>Group Discussion:</i></p> <ol style="list-style-type: none"> <li>1. <i>HL #21—Healing Your Wounds Summary</i></li> <li>2. <i>HL #22—Satan’s Strategies Keep Us from God</i></li> </ol> <p><i>Guide Reads Aloud:</i></p> <ol style="list-style-type: none"> <li>1. Life Ladder (LG p. 46)</li> <li>2. Healing Preparation (LG p. 47)</li> </ol> <p><i>Time Alone with God:</i></p> <ol style="list-style-type: none"> <li>1. Read Nehemiah’s Example and follow My Personal Application (WB p. 148)</li> <li>2. Complete <i>Heart Lab #23—Dear Jesus Letter</i>. Refer to <i>HL #21—Healing Your Wounds Summary</i> and <i>HL #22—Satan’s Strategies Keep Us from God</i> as needed.</li> </ol> <p><i>Group Gathering to Break the Fast and Share:</i></p> <ol style="list-style-type: none"> <li>1. Communion</li> <li>2. Break the fast with a meal</li> <li>3. Confess and pray for one another</li> <li>4. Recite Psalm 51:4</li> </ol>	<b>Session 10 Assignment</b> <ol style="list-style-type: none"> <li>1. Read Chapter 6, WB pp. 151–167, and complete the exercises</li> <li>2. Complete one Heart Lab: <ul style="list-style-type: none"> <li>• <i>HL #24—Heart Transformation Summary</i> (WB p. 166)</li> </ul> </li> <li>3. Memorize Luke 11:3 and Acts 1:8</li> <li>4. Journal “How I am free as a result of God’s healing power” and “kingdom moments”</li> </ol>

Session	WB Chapter	Word of God	Heart Lab (HL) Sharing/HT Activity	Assignment for the Next Session
<b>10</b> Kingdom Living, Part 1	<b>Chapter 6</b> Kingdom Living WB pp. 151–167	<ul style="list-style-type: none"> <li>• Romans 14:7—Kingdom of God</li> <li>• Luke 17:20–21—Kingdom of God is within you</li> <li>• 1 Corinthians 4:20—Kingdom of God</li> <li>• Romans 8:5b—Power</li> <li>• Luke 11:13—Holy Spirit</li> <li>• Ephesians 5:18b—Filled with Holy Spirit</li> </ul>	<ol style="list-style-type: none"> <li>1. <i>HL #23—Dear Jesus Letter</i></li> <li>2. <i>HL #24—Heart Transformation Summary</i></li> <li>3. Share journal entry on “How I am free as a result of God’s healing power” and “kingdom moments”</li> <li>4. Review <i>Kingdom Lifestyle</i> (WB p. 152)</li> <li>5. Recite Luke 11:13 and Acts 1:8</li> </ol>	<b>Session 11 Assignment</b> <ol style="list-style-type: none"> <li>1. Read Chapter 6, WB pp. 168–177, and complete the exercises</li> <li>2. Complete one Heart Lab: <ul style="list-style-type: none"> <li>• <i>HL #25—My Personal Commitment to Spiritual Health</i> (WB p. 176)</li> </ul> </li> <li>3. Memorize Romans 8:5</li> <li>4. Journal “How God wants to be included in my life”</li> </ol>
<b>11</b> Kingdom Living, Part 2	<b>Chapter 6</b> Kingdom Living WB pp. 168–177	<ul style="list-style-type: none"> <li>• Matthew 13:8—Soils</li> <li>• Matthew 25:14–30—Talents</li> </ul>	<ol style="list-style-type: none"> <li>1. <i>Heart Lab #25—My Personal Commitment to Spiritual Health</i></li> <li>2. Share journal entry on “How God wants to be included in my life”</li> <li>3. Recite Romans 8:5</li> </ol>	<b>Session 12 Assignment</b> <ol style="list-style-type: none"> <li>1. Read Chapter 6, WB pp. 178–191, and complete the exercises</li> <li>2. <i>Review HL #25—My Personal Commitment to Spiritual Health</i> (WB p. 176) <i>Complete HL #26—Plan of Action</i> (WB p. 185)</li> <li>3. Memorize 1 Corinthians 10:31</li> <li>4. Journal Journal on the kingdom lifestyle (Know, Be, Do)</li> </ol>
<b>12</b> Kingdom Living, Part 3	<b>Chapter 6</b> Kingdom Living WB pp. 178–191	<ul style="list-style-type: none"> <li>• John 17:20–23—Be one</li> </ul>	<ol style="list-style-type: none"> <li>1. <i>HL #26—Plan of Action</i></li> <li>2. “I See the Light of Christ in You” (LG p. 53)</li> <li>3. Share an entry from your journal on kingdom living (Know, Be, Do)</li> <li>4. Recite 1 Corinthians 10:31</li> </ol>	<b>Session 13 Assignment</b> <ol style="list-style-type: none"> <li>1. Read Chapter 6, WB pp. 192–194</li> <li>2. Complete one Heart Lab: <ul style="list-style-type: none"> <li>• <i>HL #27—Continual Kingdom Living</i> (WB p. 194)</li> </ul> </li> <li>3. Memorize John 15:8</li> <li>4. Journal “I See the Light of Christ in You”</li> <li>5. <i>Share Heart Lab #25—My Personal Commitment to Spiritual Health</i> (WB p. 176) with someone</li> </ol>
<b>13</b> Praise and Honor Celebration	<b>Chapter 6</b> Kingdom Living WB pp. 192–194 <b>Commissioning</b>	<ul style="list-style-type: none"> <li>• 1 Corinthians 10:31—Glory</li> <li>• John 17:4—Completing the work brings glory</li> </ul>	<ol style="list-style-type: none"> <li>1. <i>Heart Lab #27—Continual Kingdom Living</i></li> <li>2. How does one start a Heart Transformation group?</li> <li>3. How can the group pray for you?</li> <li>4. Foot washing, anointing, and praying (LG p. 55)</li> </ol>	Memorize Matthew 28:19

## Soli Deo Gloria! (To God Alone Glory!)

## Supplementary Books

Finney, Charles. *Experiencing Revival*. New Kensington, PA: Whitaker House, 1984.

Murray, Andrew. *Absolute Surrender*. New Kensington, PA: Bethany House Publishers, 2003.

Murray, Andrew. *Experiencing the Holy Spirit*. New Kensington, PA: Bethany House Publishers, 1999.

Marshall Morgan and Scott Marshall. *Dangerous Journey*. Basingstoke, Hants, UK: Eerdmans, 1985.





## About the Authors

Keith and Karen Peterson have been deeply involved in church leadership and the pursuit of Christian living for over 35 years. Ten years ago, they realized that they were not doing the things Jesus did (John 14:12): they weren't overflowing with love, joy, hope, thanksgiving, and God's power. They asked the bold question: "Is this all there is; must it be this way? Why are our lives not exhibiting the life promised by Jesus?"

It was at that point that the Lord revealed the need for them to love him with all their hearts. They began doing studies and God revealed a process for

learning to love him wholeheartedly, step by step.

It took five years for the process to be formulated and another three years to refine it. Small groups began to use their study, churches became involved, and even businesses witnessed unusual transformation take place among their employees, as they grew in Christlikeness.

This process has personally given Keith and Karen the deepest, most intimate relationship they have ever had with the Lord. They have experienced an overflowing of God's presence that is unquenchable, greater than any other time in their lives. They have seen the power of God work dramatically in cleaning up sin patterns and fulfilling God's plan for them. They now view life as a daily adventure, seeing how God leads and intervenes according to his good pleasure. This process of whole-hearted devotion is continually growing in them.

The church needs revival; hearts are full of compromise in loving other things as much (or more) than God himself and, as a result, the church's impact has been minimized. If revival takes place, it will begin as a result of loving God with all of our hearts! All other things fall into place after that.

It is the Petersons prayer that each of you would enter this journey and have this experience of overflowing in your lives.

[www.hearttransformation.org](http://www.hearttransformation.org)

