

ANTIOCH FORT COLLINS INNER HEALING MINISTRY

Maintaining Freedom

Any hesitancy to embrace the truth of the Father's character or our identity in Christ as revealed in Scripture, requires "Tending Your Heart" (Prov.4:23) [see doc.] if we are to experience intimacy with Him.

"Search me O God and know my heart" (Ps.139:23). Instead of introspecting, ask Him and listen. He is eager to speak to you.

Be honest about your sin (Ps.32:5).

Avoid sin like the plague (Ja.1:14-16). Confess it quickly (1John 1:9). Beware of the enemy's sneaky traps (1Pet.5:8). Ask the Holy Spirit to alert you. Quit trying to make it through on your own (Jer.17:5). Stop and ask for His help.

Break with friendships that pull you away from Jesus. Choose those who will encourage you in Him (James 4:4). Take steps to break former habits that lead to sin (Philip.4:8). Be accountable (Eph.5:21)

Humble yourself (Ja.4:6,7,10). Surrender your life to His lordship (Lu.9:23,24).

Repent (more than regret and 'worldly sorrow' with no intention of change – 2Cor.7:9-11) and take steps to walk it out (Matt.3:7,8; Ps.51:1-4,6-7,10-12,17).

Forgive from the heart (Matt.6:14,15; Matt.18:21-35).

Pray [lit.] "energetically" (Ja.5:16). Cry out to Jesus wholeheartedly (Ps.107:19,20).

Keep your house full of the living truth He speaks to you. Ask Him to speak the words of truth your heart needs to hear. Taking to heart the living truth makes the enemy's deception obvious and equips you for victory. An empty house invites attack (Matt.12:43-45). "Don't give the enemy an opportunity, a foothold, a place" (Eph.4:27).

"Faith comes from hearing and hearing by the word (rhema: spoken word) of Christ" (Rom.10:17). So, ask Him to speak the truth He knows you need to hear, then "Take up the shield of faith.... to extinguish all the flaming missiles of the evil one" (Eph.6:16). "Take the sword of the Spirit which is the word (rhema: spoken word) of God" (Eph.6:17). "Jesus, full of the Holy Spirit...tempted...it is written" (Lu.4:1,2,4,8,10) - speaking what He heard from the Father (Jn.8:26).

"We are destroying speculations...raised up against the knowledge of God...taking every thought captive..." (2 Cor.10:5). Don't allow negative thoughts of God, self, or others to germinate. Meditate on Scripture, asking the Holy Spirit to quicken specific personal words to your heart. Write these down. Declare them. Rejoice in them. Seize the moments (Josh.1:8; Col.3:16).

Receiving living truth.

When we ask the Father for the truth our hearts need, to replace the lies we have renounced, it is important that we don't settle for less than living truth that ignites and fills our hearts. If we receive a familiar scripture or truth that does not touch our heart, there may be a blockage in us that we need to ask Him about. The Father's longing is that we will be able to *receive* at a heart level what He yearns to give us. He delights to give good gifts to His children. So to ask: "Father what else do You have for my heart?" until our hearts are filled, is His delight. Keep "tending your heart" until your heart is filled and you are able to really rejoice in what you have received from Him.

The enemy will question the validity of your freedom. Don't entertain his accusations but rejoice in and declare aloud God's character and His truth (James 4:7,8a; Ps.103:8; Rom.3:3,4a).

Don't allow your feelings to deceive you.

Don't accept, but war against self-criticism, blaming, negativity, criticalness, cynicism, oversensitivity, putting feelings before faith, doubt, unbelief, selfishness, prayerlessness, passivity, restlessness (Gal.5:19-21,26).

Read, listen to the Spirit, take to heart, and obey Scripture (Ps.1:1-3; Ja.1:22-25).

Declare living truths thankfully. Worship energetically from the heart (Rom.10:9,10; Ps.145).

Pray, confident of His help (Is.30:19; Ps.34:4; Ps.33:20,21; Is.40:31; Rom.8:32).

Give thanks in everything (1Thess.5:18; Hab.3:17-19).

Trust in God's power to help you make the right choices (Is.30:21; Is.41:10; Eph.6:10; Col.1:27).

Expect increasing freedom. Move forward in faith (Philip.3:13,14; Is.64:4).

Keep turning to Jesus and He will transform you (Heb.12:2,3; 2Cor.3:16-18).

Share your life with Him. He wants to share His with you (Rev.3:20; Jn.6:35; Jn.7:37,38; Matt.11:28-30).

Tending Your Heart - as a lifestyle!

"Watch over [guard] your heart with all diligence for out of it flow the springs of life." (Prov. 4:23)

To walk in your healing, be attentive to your heart and take note of: disappointment, discouragement, fear, loneliness, worry, anxiety, lust, anger, hatred, or anything that moves you out of peace and rest throughout the day.

If we do not turn to Jesus and let Him meet our need, we will fill our hearts with something else.

Jesus: "Do not let your heart be troubled" ['distressed', 'agitated'] (Jn.14:1). We can choose!

When we are moved from that place of security and rest, turn your mind and heart to God and ask (aloud if possible):

"Father what is this really about?" or "Is there a lie I'm believing about you or myself?" or "Have I given the enemy access somewhere?" (Door of fear, of hatred, sexual sin, etc.). (Ps.139:23,24) Listen and don't discount what you receive. He may reveal: sin you need to repent of, a lie you are believing, someone you need to forgive, or a spirit you have given access to.

Recognize – honestly and humbly admit any lie or action you need to take. Forgive and bless others where necessary.

Renounce the lie (aloud if possible) and break off any partnership with the enemy.

Repent for partnering with the enemy in giving the lie authority. Ask forgiveness for – any sinful reaction to your wound by self-protection, denial, self-comfort, et cetera – (or) any sin He reveals.

Receive!! [An empty heart invites attack (Matt.12:43-45). Fill it with *living* truth! (Rom.10:17)] Ask what truths the Father has for your heart in exchange. If possible, journal them. Let them sink into and fill your heart. How?

Rejoice in what He has given you in exchange for the lie (aloud if possible)! Declare it over your life! Thank Him and worship! Ask for more!