



FIGHTING FOR YOUR HEART & FREEDOM

There is a battle against your heart and strength.

It's been almost a month since we were on the Expedition together. ***If you haven't noticed : there is a battle set against your heart and your strength.***

Anytime you move towards life and freedom and walking closer with Jesus, you will encounter stiff opposition. To become fully alive and live the life that Jesus has for you, you have to fight for your heart, your life, your freedom, and own who God says you are. This is something that comes with time, so don't be disheartened or get discouraged.

Only you can fight for your heart — every day and every hour. No one can do this for you but you.

An important step in this process of learning to fight and experience more freedom is this:
Pay close attention to your thoughts and what you are thinking.

Here are some suggestions on how to do this:

- As thoughts come, ask yourself:

Is this from my loving Father?

Is this from my good heart?

What is the fruit of this thought?

If I run this thought out, where will it take me?

- If the thought does not lead to more life, freedom, joy, truth, integrity, courage, and purity - **reject it!**
- If the thought leads to more fear, anxiety, worry, despair, shame, self-reproach, condemnation, and guilt, then **reject it** because you know it's not from Jesus. Your loving Father does not speak to you in those ways.
- Surrender to Jesus first, then reject that thought with a loud "NO!" And turn to Jesus for any words He may have for you.

"...Yell a loud no to the Devil and watch him scamper. Say a quiet yes to God, and He'll be there

Jesus brings words that give life, encouragement, inspiration and hope — words that are true of who you are as a courageous man and the life He has for you. To choose to walk in that truth is to live out of your true self and walk in freedom. This is a whole new way to live life, **a complete paradigm shift** — much lighter and freer than you ever imagined!
