



# ENCOURAGING WORDS

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*There is a battle, and it's for your heart.*

It has been over a month since we were all together on the Expedition.

As you know well by now, you have to fight for your heart, your life, and your freedom in order to own who God says you are. This comes with time and hearing from God. Don't give up.

As we talked about on the Expedition, only you can fight for your heart — every day and every hour.

- You simply have to learn to stop making agreements and drifting back into those well-worn ruts you have lived in your entire life.
- If you want life and freedom, it means you begin to live with your eyes wide open to the warfare.
- You begin to become aware of agreements, so that you resist making them.
- We really do get to choose what we believe.

You will want to pay close attention to what you are thinking (your thoughts) and ask yourself, "Is this from my true loving Father? Is this from my good heart? What will this thought produce if I follow it out?" Jesus said you can tell a tree by its fruit, and you can tell the origin of a thought by what it produces.

Good fruit would lead to thoughts that provide life, hope, encouragement, inspiration, and truth. If your thought leads to shame, reproach, contempt, guilt, or condemnation, then it is not from Jesus and you need to reject it out loud:

**James 4:7 (MSG)** "So let God work his will in you. Yell a loud no to the Devil and watch him scamper."

**James 4:7 (NIV)** "Submit yourselves, then, to God. Resist the devil, and he will flee from you."

One practical day-to-day practice of this is to write down in your phone, or voice memo, what Jesus says to you, about you, and/or the lie/situation. Acknowledging the truth versus the lie is submitting to God and being willing to follow Him. It is so critical to learn this. This is what fighting for your heart looks like.

I have attached one document — "**Encouraging Words - Follow Up #6**" You received this last week. I encourage you to read it again and give it some thought. It will encourage you.