



# STAYING ALIVE

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*Guarding your heart is a daily fight.*

Can you believe it has been two months since we were together on the TN Expedition? I don't know if you feel like me, but it's been a blur since we were there.

I wanted to encourage you about carving out time for solitude and learning to slow down so you can actually hear from Jesus.

I met with a man a while back — a good guy. He has been on several of our Expeditions, but has not been in the last 6 years. As we talked it became evident, he has forgotten who he is, why he is here, and why life is beating him to death. He is having major problems connecting with his wife and with his teenage son. Lots of issues and a list of reasons, but the top reason is that he has pretty much blown off solitude and slowing down to care for his heart so he could actually listen to Jesus. So, as a result, he is having a hard time hearing from God. The result is that he has forgotten who he is, and does not really believe God's heart is good towards him. After encouraging him to come back to Jesus and own the major drift and self-reliance, he is beginning to hear from Jesus.

Jesus is always more than eager to meet with us and tell us how much He loves us and who we are. We are the ones who drift, pull back, disappear, and begin to believe all sorts of lies and agreements that rob us of the joy, life, and power that comes in a free flowing, daily, conversational walk with God.

The point and reason I share this story with you is so that you don't let this happen to you! No matter what it takes, learn to care for your heart so you can hear from Jesus regularly. Otherwise you will drift just like this man.

It's so not worth it. If you have drifted or are not hearing from Jesus, then ask Jesus to expose the lies you are believing about Him and your life, and break those. Then ask Jesus to expose any sin that is derailing you, confess that sin and ask Jesus to speak to you about what is true. You will be amazed at how kind, merciful, forgiving, and loving Jesus really is. He wants you to live from your true good heart and live out who you really are.

I also wanted to mention the E-card email that we sent out last week about *"Being a Contributor in the Larger Story."* Please take a moment to read over that email, and then go to Jesus and ask Him to lead/guide you concerning the involvement He may have for you to play in being a contributor to Adventures of the Heart through giving either monthly, quarterly, or a one-time gift.

I hope by now you are aware that learning to live from your heart and learning to walk with Jesus so you hear from Him and experience Him leading and directing you is a total paradigm shift from much of what is taught in Christianity. Resist the gravitational pull of going back to posing and religion, and stay vigilant in caring for your heart because **IT IS** the well spring of life. As we talked about on the Expedition, as your heart goes so goes your life.

***"Above all else, guard your heart, for everything you do flows from it".***  
***Proverbs 4:23 NIV***