



# Going after your Desires

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The last 3 weeks I mentioned that awakening and recovering your God given desires is so vital if you want to be fully restored and have a chance of living with any degree of real freedom.

During this next week, I encourage you to try and see if you can get some alone time for yourself, maybe take 30 minutes to look over and begin to, or continue, answering the attached document on “Getting in touch with your desires.”

If you will begin this and will give it several passes, I know you will be amazed at what you discover about your real God given desires that are in your heart. My encouragement would be to open up the attached Word doc called “**Getting in Touch with Your desires—Some Key Questions on Awakening Desire.**” Then do 3 things:

1. Pray the prayer which is below—pray it slowly, thoughtfully, and offer yourself to Jesus.
2. Save the attached Word Doc to your computer or iPad or iPhone and then begin to answer the questions as honestly as you can. Do this several times over several days and weeks and save your answers to your computer/iPad/iPhone. Add to your answers each time you look it over.
3. Order the book “The Journey of Desire” by John Eldredge that is listed below in the P.S. and then read it.

Obviously, you will want to pray first and invite Jesus to lead you and bring His love and light. It would be good to pray the below prayer each time before you add to your answers.

What you will find is these questions will lead you to your desires: that is, what you really want for your life, your heart, your walk with Jesus, your marriage, and the kind of man you want to become.

*This is not a quick fix but a process* to invite Jesus to awaken your heart and your desires because without desire you will inevitably flat-line, give up, and live your life as a robotic drone—nothing close to the passionate, alive, alluring, and courageous man Jesus intends for you to be. He wants to restore you to your true self as he intended so you live fully alive as the strong and courageous man he made you to be.

Here is the prayer to begin the process of awakening desire:

*Jesus, I am numb. I have regions of my heart that are lifeless, and I am not in touch with these parts. I have closed off parts of my heart to you and to myself because of shame, guilt, lies, wounds, hurts, and because life has not gone as I wished. I confess to you, Jesus, I have not treated my heart kindly or well. I ask you to forgive me. Jesus, now, I give you permission and total freedom to venture into those closed off, numb areas of my heart and bring your love, light, compassion, and grace. Awaken my heart so I begin to feel and give me your life in my heart so my true desires are awakened. This is what I want Jesus: full freedom in my heart so I am alive to my desires. So I invite you to bring to life my heart and bring your life and your light to those numb areas I have shut down. I ask you for courage to walk into those things you bring up and begin to awaken. I ask you, today, to begin this work and continue this whole year to bring me fully alive in my heart so I know my desires and begin to live from those desires you have put in my heart. Jesus, thank you for what you will do.*

Looking forward to what Jesus does in your heart,  
Reese

P.S. Buy and read or listen to the book by John Eldredge entitled “The Journey of Desire.” This is one of my favorite books by John. Here is the Amazon link: [http://www.amazon.com/s/ref=nb\\_sb\\_noss\\_2?url=search-alias%3Daps&field-keywords=desire+by+john+Eldredge](http://www.amazon.com/s/ref=nb_sb_noss_2?url=search-alias%3Daps&field-keywords=desire+by+john+Eldredge)