



feminine hearts alive

ENCOURAGING WORDS FOR THE JOURNEY

He created you for so much more.

#1 - Be aware of the trap that pulls you back into your pose.

- In Christian subculture (the church/Christian organizations) a person's "pose" (the false self) is accepted as being the real deal — but, it's not the real deal! Living from your heart (your true self) and being willing to risk and follow Jesus as you develop a conversational walk with God is the real deal. He is inviting you into intimacy — living as an intimate partner and ally in His unfolding story. **You have an irreplaceable role to play.**
- A danger after attending an Encounter, is to just add more terms and lingo to your repertoire that will help you pose better. Do not let that happen.
- Continue to go to Jesus and ask Him, "What are my wounds? What are my lies? What vows have I made to protect myself? How am I posing?" (These may take time to identify. Be patient.)
- Go to Father and say, "Father, I want to live the life you have for me. I want the freedom you offer in Jesus, and I want to live fully alive from my good heart and not from my pose. I give you permission to take me into those broken places to heal me." Then be ready for God to come and do His healing work in your heart, but remember it is a process : It may be messy and you may feel like you start, stop, and run in the ditch— and that's OK.
- Remember: just because you can identify your lie, wound, vow, or pose does not mean you're finished! Clarity **DOES NOT** equal healing. Understanding **DOES NOT** mean restoration. Going on an Encounter like you did **DOES NOT** mean you have invited Christ into those broken places. You must go there and give Him permission to take you to some painful places/memories and then ask Him to heal you. Say, "Jesus, what is this about?" And wait. He will come.
- Don't be surprised if you find yourself experiencing emotions you don't usually experience—tears, sadness, grief, anger, rage, and loneliness—that's God taking you there. He longs to heal you in these broken places. So when you are watching a movie, riding down the road, or spending time alone and you feel something deeply and perhaps tears begin to fall, stop and say, "Jesus, what is this about? I give you permission to take me there. I long to have my whole heart back. Would you come and heal me and put my heart back together again?"

#3 - Get in a group with some women who are genuine, not posers.

- Ladies, please KNOW this: you **WILL NOT** make this journey/battle alone. You need other women in your life — women who are going after their hearts as well.
- Ask Father for 2-3 women with whom you can meet and begin a group that is committed to walking this path together; the path towards the abundant life that Jesus offers.
- This is NOT about accountability — that's old covenant "we're here to keep each other in line" stuff. That doesn't work, and it inspires no one. It's about sharing your hearts and being there to fight for each other in the battle.
- We suggest cultivating the habit of initiating more phone calls with women to ask them about their heart, their journey, and the real issues rather than just to get something done. We also suggest learning to pray with women on the phone about the issues/struggles/battles they are facing.
- Reality check: we all will feel like we are getting taken out from time to time, so call another woman who is learning to live from her heart and open up with her. Pray together for each other.

#2 - Commit to learning to hear from Father so you know and own His words spoken to you.

- It's so easy to get sucked right back up into the rush of life and not care for your heart. You will have to fight this diligently and intentionally. Driven-ness is the spirit of our age—cramming more in and being so busy that we rarely give attention to our heart is the norm, even applauded for our drive at times. You'll have to fight this as well.
- It really comes down to this simple question: "How much do you want life?" The only way you'll have life is if you learn to hear from Father and begin to own how He thinks of you. You simply must **KNOW** God is for you and will come through for you. Trust that His heart towards you is good. Knowing this only comes by slowing down enough to really listen to Father and write down what He says to you so you will begin to own it. Remember how Father spoke to you at the Encounter when you went out that second day? You want to do this regularly. Your very life depends on it.
- Remember : it's not about having a good "quiet time" with God. It's about learning to hear God's voice and recognizing it so you continue each hour of the day in a conversational intimate walk with Him where you are hearing from Him as you encounter people, problems, and hassles. The goal is not simply a time with God. The goal is **intimacy** with Father—an intimate, close, personal walk with God where you ARE His beloved.
- We suggest using the 7-4-1 and following it. Especially, taking one day to review what Jesus has spoken to you.
- This is a learned skill—it takes time, and there are plenty of other voices out there—the enemy, your wounds, your shame, the world, others. It's a process of learning to recognize the voice of God spoken to your heart.
- Write down what He tells you and if it sounds too good to be true, it's most likely from God. Review the "Letter from Father to His Beautiful Daughter" that is on the website in downloadable resources. This is how Father will speak to you.

#4 - Father is inviting you to something way bigger, more beautiful, and more adventurous than you have ever imagined.

- This is the case: you are invited up into His story, His unfolding drama that is being played out in cosmic terms, and you have an irreplaceable role.
- The life you were created for is so much more, way more, than getting up and checking off your to-do list and getting stuff done each day. It's about living out and playing the very role you were created for by God Himself.
- The reason the enemy wants to keep you pinned down, taken out, and disconnected from your heart is because he **fears** you. He fears what you will be once you do learn to live from your heart, cultivate an intimate walk with God, and step up to fight for your heart and the hearts of the people in your life.
- You are so much more dangerous than you have ever been led to believe.
- This is about way more than being an efficient and productive woman. It's about living out what you were created to be — a beautifully courageous, authentic woman who because she has her heart, gives it away to others. She brings life. It means risking vulnerably. There is nothing more beautiful than a woman with an open heart.
- The way it's supposed to work is this: there is an authority, a power, a life-giving force that flows out of your life. John 7:38 says, "Rivers (not trickles) of living water will flow from within (you)." It's probably a good idea to ask yourself regularly, "What is the affect of my life? What am I like to be around? Do my husband, children, others enjoy being around me? Are they being inspired to chase their own heart and Jesus by the way I live?"
- Think of that : God invites you into an adventure each day of walking with Him. You are His beloved. You are His partner in setting people free from the enemy and from the lies they believe about themselves. How beautiful is that? It's what you were made for, and He is inviting you to join Him.