



Becoming Rather than Doing-part 2

When you are afraid, what kind of woman do you run to out of a need for control to extinguish the fear?

That woman is not who God designed you to be. I suggest two things that could well change the course of your life. If you do these and follow through, you will begin the process of awakening your heart so you have desire. Your heart will begin to come alive. You will feel deeply and you will know with true clarity what you want. Not trinkets or more goodies, but those deep things God has put on your heart that you long for even though they are buried.

1. Open the attached word doc on Desire. Save or print it and **work on it for the next several weeks**. Begin with prayer first, and then ask yourself the questions in the attachment. In doing so you will begin to awaken desire, which is THE fuel you need to awaken your heart. *This is the same worksheet we sent out with a follow-up email a few weeks ago, but it needs to be re-visited. Why? Because awakening your heart so you recover your God given desires is everything.*

2. Read *Desire* by John Eldredge. It's one of his best books and will rock your world. Read it, take notes, and ask Jesus to awaken your heart and your true Desires. Here is the link to order it: ["Desire" by John Eldredge](#)

You have two choices:

1. Live like you have been. (*i.e., unconnected to your heart, really busy, doing lots of stuff, numb, and most likely damaging every relationship you have, but not fully aware of it*)

OR

2. Begin the process of getting in touch with your desires so that Jesus can awaken your heart. Your desires will become the very fuel Jesus uses to jerk you out of busyness, numbness, activity, and resignation so that you do fight and you do recover your heart, your beauty, and begin to "own" who Jesus says you are.

The amazing thing is you get to choose. What kind of life do you want?

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, and hurts; and because life has not gone as I wished or expected. I confess to you, Jesus, that 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 resigned 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 to begin this work today 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.

In His Adventure with you,

Reese