



You are fighting for your life. As your heart goes, so goes your life. The goal is to live a true life. To learn to walk with Jesus so you know Him well, you hear His voice, and you love Him more and more so that you are eager to open up those areas of your life that Jesus wants access to.

Here are three suggestions to help this become the reality of your life:

1. Get in touch with your desires : What do you want? What kind of woman do you want to be? What kind of life do you want to have? What kind of walk with God do you really want? What kind of impression do you want people to pick up from being around you? So many women are living their life out of duty and obligation rather than out of their true desires, passion, and heart.

Ask yourself these questions:

“What, really, is the affect of my life? What is it like to live with me? For my husband, for my kids, for my friends?”

If you want to take a real risk, ask them (in a non-defensive way) and truly listen to what they say. It could be some of the most life-giving, but hard words, you’ll ever receive if they have the courage to tell you the truth.

Ask Jesus to awaken your heart and your desires. Daily say to Jesus: *“Jesus, I want my heart back. I want to learn to live fully alive and become the beautiful woman you intended me to be. I give you permission to do whatever is required in my life to take me there.”* And then hold on, because Jesus will answer you.

Make a list of what it is you want as a woman, as a follower of Jesus, as a wife, as a mother, as a friend, as a disciple of Jesus in The Larger Story, as a queen in the realm God has entrusted to you, for your heart, etc. This will help you clarify your desires. Take this to Jesus, offer it to Him, and ask Him to confirm these desires for you.

2. Carve out time to hear from Jesus : You must hear what He thinks of you and how He sees you as a woman, your heart, your life, your future, your marriage, and what you could be in 5,10,15 years if you were restored and actually lived free and fully alive.

This is where journaling comes in. Yes, it does take some discipline. But it goes back to desire. What do you want? What kind of woman do you want to be? What kind of walk with God do you want to have? A beautiful, true, and powerful life does not just waltz in without you going all out to get it.

“The way to life—to God!—is vigorous and requires total attention.” Matthew 7:14 (MSG)

Desire is what fuels the discipline to say: *“I will meet with Jesus 3-5 times a week and use the 7-4-1 and slow down enough in solitude to hear from Jesus so I actually listen. I will then review what He tells me so that I can actually begin to believe it. Only Jesus can really tell me who I am and who I am meant to be.”*

Journaling is not an end in itself. It’s not: *“How can I have great journaling?”* But instead: *“How can I learn to listen to and recognize God’s voice so that I live out a conversational walk with Him and fall more in love with Jesus every day?”*

It may help to re-read the “How to Journal” questions in the 7-4-1— they are really helpful in discovering what Jesus thinks about you. You will want to try and carve out 3-5 times a week to actually hear Jesus tell you who you really are.

Also ask Him this, *“Jesus, I ask you to give me a crystal clear picture of what kind of woman I could be in 1 year, 3 years, 5 years, 10 years, and 20 years if I were to recover my heart and learn to walk with you so that I do, in fact, live a true, fully alive life. Would you show me the beauty of my heart and the beauty and glory of what I could be?”* Having this picture is so essential.

3. Include the daily prayer in your journaling time : As part of your journaling, the daily prayer can be so helpful, as you take the time to surrender your life, yourself, your will, and your heart to Jesus. [Click here to view the Daily Prayer.](#)

As you begin to journal, pray: *“Jesus, I fully surrender to you today. I want to abide in you so you live through me. I now am going to pray the Daily Prayer as a way to express my heart’s desire to live fully connected to you this day.”*

Then pray the Daily Prayer—slowly and thoughtfully. If your mind drifts, come back to the paragraph where your mind was not drifting. Pause as the Holy Spirit prompts you about whatever the subject of the sentence is, and linger and add words/thoughts as the Holy Spirit leads you to pray. I have found using the Daily Prayer as a way to fully surrender each day to Jesus to be immensely helpful.