



REMEMBER WHO YOU ARE

Fighting for the man God intended you to be.

It's been several months since the Expedition. By now you know all too well that if you want the life Jesus offers, then you are going to have to be **very** intentional and will have to fight for it.

In a real sense you **are fighting** for your life. Don't forget : As your heart goes, so goes your life.

You now know there is so much that comes against your heart—the pace of life, the lies from the enemy, spiritual warfare, and the accusations about you and your life. You know firsthand the well-worn paths you have trod down for so long that seem “normal,” but are actually your attempt to find life apart from God — this is not what Jesus is inviting you to!

You also know the demands of family, kids, and your job. And if you are married, you face the reality of living with your spouse who is broken and most likely doesn't know it. Our own brokenness, that we are just becoming aware of, can clash with our spouses' brokenness, and it's like fireworks!

Here's the goal: **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.

You want to live a life so that those in your world (*friends, wife, kids, parents*) will see that you are a real man who is true, alive, passionate, present, fun, and not living from self-protection due to fear. What they will see is you becoming more and more of a man who does not take himself too seriously, but is learning from Jesus how to live freely and lightly.

*"Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you'll recover your life. I'll show you how to take a real rest. Walk with me and work with me—watch how I do it. **Learn the unforced rhythms of grace.** I won't lay anything heavy or ill-fitting on you. Keep company with me and **you'll learn to live freely and lightly.**"*

Matthew 11:28-30 (MSG)

How incredible would it be to live out that verse! Learning to live freely and lightly, and finding that you are not becoming overwhelmed with worry, anxiety, and fear, but instead are finding greater freedom and the ability to trust and rest in Jesus' care and protection of you and your life.

Here are three suggestions to help this become a reality in your life:

1. Get in touch with your desires
2. Carve out time to hear from Jesus
3. Include the daily prayer in your journaling time

Next week, let's dive deeper into these 3 suggestions together.