



# Getting in Touch with your Desires

Being alive to desire in your heart is more challenging than most men would expect.

*The reason?* Over the course of their lives, so many men have become numb at a heart level. They have given in to despair, resignation, the difficulty of life, and all the curve balls and hurtful things that have come against them and their heart through their own family, their career, the dating maze, being married, and living life. They find themselves many times giving up and disengaging. Some men draw back and go passive and hide. Other men, go full bore and live out being the CEO (sometimes tyrant) of their universe. These men are usually very driven and drive those they live through their words and actions.

It's totally understandable. Life is difficult and it's very, very easy to get lost and not know who you are. But it's not a good place to find yourself. Jesus does indeed want to awaken your heart and your desires so that you get in touch with those things He has written on your heart that are so vital to you becoming the strong man He intends for you to be. Desire (*thirst and hunger in your heart*) is everything, because it is out of your desires that Jesus will be able to lead you and open up those areas of your life that He wants to bring His life and freedom to.

Attached is a Word Doc called "**Getting in Touch With Your Desires—Some Key Questions on Awakening Desire.**" We sent this out last week.

If you want to awaken the desires Jesus has put on your heart, I suggest two things:

- 1. Pray the prayer 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.

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 slow process* to invite Jesus to awaken your heart and your desires because without desire you will flat-line, give up, and live your life as a robotic drone—nothing close to the passionate, alive, strong, and courageous man Jesus intends for you to be. He wants to restore you to just that!

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