OUTLINE

















INTRODUCTION



In *Proverbs 4:23* (AMP*)* the Lord give us this instruction, *“Watch over your heart with all diligence, for from it flow the springs of life.”* The NLT bible version say to *“Guard your heart above all else, for it determines the course of your life.”* The question is how do you watch over or guard your heart with all diligence? Not only that! What does the Lord mean by the *“springs of life”* that flow from our heart? The *“course of”* our life that is determined by our heart? This is a tall order! But with Christ, a possible order!

We all can testify that this is not an easy responsibility, whether on a personal level or when we minister to others. There is a reason behind that, it is because of the wounding in people’s hearts that makes it very difficult to guard the heart, wounding we all experience throughout our lives. Wounding that can be healed by our Lord and Healer Jesus Christ. That is good news. But there is more good news! The Lord never gives us responsibility, without giving us tools to fulfill it. Tools that are weapons for both the healing of our wounded heart and the guarding of our healed hearts.

A watchman and guard are never expected to do their job without being given tools for wisdom, knowledge and understanding of what the job entails. That includes ongoing training and maintenance to stay in shape. So, it is with us as watchmen and guards of our heart. We need to make sure we have the tools for wisdom, knowledge and understanding of how to watch over and guard our heart. And we need to have ongoing training and maintenance to be in good shape to be watchmen and guards of our heart. *Hosea 4:6* AMP *“My people are destroyed for lack of knowledge [of My law, where I reveal My will]. Because you [the priestly nation] have rejected knowledge, I will also reject you from being My priest. Since you have forgotten the law of your God, I will also forget your children.”* The tools are all in the Word of God, His law, His Will.

In our journey, as we go through this book, we will begin with the understanding of our heart. We will look at our creation and the role of our heart in that. We learn about the cause and the difference between a wounded heart and a healed heart. We will understand how and why Satan strategically wounds our heart and seeks to maintains the wounding throughout generations before and after us. With the beginning of that revelation, we will be armed to pray strategic prayers to pull down, dismantle, Satan’s strongholds from our hearts and begin our healing and deliverance. We will also be armed to know how to maintain our healing and deliverance, and most important, to be able to spot the enemy’s strategies before he attacks.

As you prepare to go through this book, we pray that you prepare your heart. Holy Spirit will begin to put a spotlight on your own personal heart issues to deal with. We advise that you have a pen and paper ready, or some form of recording, and not miss what Holy Spirit is ministering to you. This is not a book to read for head knowledge, but for a heart healing process, for yourself and others you will minister to. The final objective is to fight to overcome a challenge at a time in this life, until our next life in eternity with Christ.

We advise that in order to get a full revelation and benefit, you do not jump chapters as every message from each chapter leads to another chapter. Amen!

CHAPTER 1 - TESTIMONIES



WHY TESTIMONY?

Revelation 12:11 says *“And they overcame and conquered him because of the blood of the Lamb and because of the word of their testimony, for they did not love their life and renounce their faith even when faced with death.”*

Over a period of about 6 years my husband and I, as led by the Lord, started the healing of the heart teachings, as part of our ministry. In the beginning, it was part of preparing those we were ministering to for the commissioning for ministry. The ministry involved outreach to the community youth in particular, and God encounter camps for those that signed up to the ministry. As the revelation for the Lord’s desire for His people’s hearts to be healed, the teachings became a ministry of its own. Our family were the first to be ministered to, and that included the extended family. But also, our heart desire is to minister to the ministry leaders also starting with their own families and be equipped to minister to others. Later in this chapter you will read testimonies of how the Lord ministered to some of them. The purpose of these testimonies is to hopefully, encourage you as you start your own journey of healing of your heart and also help you as you overcome daily as we read in Revelation 12:11 AMP *“And they overcame and conquered him because of the blood of the Lamb and because of the word of their testimony, for they did not love their life and renounce their faith even when faced with death.”*

As a believer in Christ, whether in ministry leadership or helping other believers, it is impossible to give what you do not have. It is also hard to identify with what you never went through whether good or bad. Sharing your testimony in Christ will help someone else overcome. It also brings glory to God in His power to save and deliver. While it is true it is easier to be gracious and merciful towards other people’s struggles when you have experienced the Lord’s grace and mercy in a particular area of your life, there comes another season where you have to grow into a new phase with the Lord so that you can mature. In 1993, I joined a women’s ministry in a local church. Most of women were going through or recovering from abusive situations. It happened that the ministry leader was a survivor from an abusive relationship herself and could identify with the women in the group that were struggling. Her testimony attracted many women who needed help in that area. One day she had to move to another city with her family and she introduced to the group another minister, a Pastors wife as her replacement. The new leader, who obviously was briefed about the situation of some of the women, introduced herself by telling the group straight-up that she has a model marriage to an amazing Pastor husband and honestly does not identify with what most of the women are going through, but she will try her best to help as the Lord helps her. Most of the women stopped coming from that day. Looking back, I believe it was God’s timing for the next step to the healing process for those particular ladies. She had a new testimony full of hope to help them to overcome and not just heal. Both testimonies were necessary for healing. That is the power of a testimony.

OUR FAMILY TESTIMONY, ‘YOU NEED TO HEAL’

IN OUR MARRIAGE

As a couple we were in ministry before we were a married couple. My husband and I were born again before we got married. I was born again in 1985 and have been involved in ministry in one form or another ever since. When we got married, it was almost a natural decision to be in ministry, starting with building a prayer altar at home. As a result, we have never been believers who spend time going to church and wondering what our calling is. Rather we had to always prayerful learn not to overwhelm ourselves. Well - more myself than my husband, as the Pastor in our home he responsibly guarded that.

But that also meant we got into ministry very young as a couple and as ministers. To top it all up, we are also in the professional world as an Engineer and an Architect, both demanding jobs. All of this was a fertile ground for our young and hardly guarded hearts for being constantly wounded through traumas, hurts, attacks, failures and simply immaturity. Like most believers, for years we continued to walk ‘limping’ with unguarded wounded hearts, soldiering on in ministry and life. Only the Lord’s grace and mercy saved us from even ourselves.

When the Lord began to lead us to teach on the healing of the heart about 6 years ago, He also began working in our own hearts. Our heart as individuals, as a couple, as ministers, and even in our professional jobs and business. Then one day, during my husband’s prayer time with the Lord, the Lord spoke to him and said, “YOU NEED TO HEAL!” Initially he obviously thought it was just for him, but we soon realized that it was for us as a couple, including the whole family. The Lord was speaking to him as the head of the family. The process starting with us seeking God in prayer begun.

I can only say that the Lord began doing a spiritual open-heart surgery. We also learned that it is a life process. He began working in our individual heart and our heart as a couple. I was reminded of our Pastor who married us 33 years ago who told us during our pre-marital counselling sessions what was helping us now in our healing, lesson after lesson, process after process, victory after victory. He said marriage is an on-going institution. You keep growing, you keep learning, and you never arrive. I can honestly testify that in our journey through the healing of the heart it makes it easier to live this life of an on-going institution, instead of a life of imprisoning yourself with an illusion of feeling like a failure for not arriving, and as one Christian movie (What If?) put it “a prison life without a possibility of parole”.

IN OUR FAMILY

As parents, as parts of our hearts are healed, and some in the process of getting healed, it becomes easier for us to identify woundedness in our children. Even those caused through us in our parenting immaturity. We get to know how to pray for their own healing and how to minister to them and their own families and future families.

The first church every family has is the home. You cannot minister out there what you do not minister at home. The Word of God says ministry starts at home, as 1 Timothy 3:4-5 tells us*. “He (the Elder in a church) must manage his own household well, keeping his children under control with all dignity [keeping them respectful and well-behaved] (for if a man does not know how to manage his own household, how will he take care of the church of God?)*”. This has always been our first priority as parents. As a result, it is easier for us to be sensitive to what the Lord wants to minister to our children be it giving word of wisdom, prophetic direction as the Lord leads, or ministering healing when they are not well, and the children themselves do not find it strange because it is consistent what we do at home and ministry elsewhere. This is a crucial testimony in dealing with healing of the heart for our children and gives us opportunity to prepare the heart of the next generation. You can pretend to other people, but your children will always see right through you. They keep you humble and authentic. Your consistency creates a safe place for the children at home, no matter what they go through.

As the heart of our family is being healed, the gifts and callings begin to be restored. Especially family gifts and callings. Heart wounding is Satan’s weapon to kill steal and destroy everything God has given the family for His Kingdom. When the family heart is healing the family can begin to work together, especially in the area gifts and callings. The gifts that our children have are inherited from us as parents, even though they manifest uniquely to their character. When the family begins to heal and work together, as parents, it becomes easier to mentor and guide. When hearts between parents and children are wounded, a rift is created, and mentorship and guidance is never received easily. Rebellion from mistrust happens. The children often have to re-invent the wheel, so to speak, and cannot benefit from the wisdom coming for the parents’ experience in that gift. This will eventually affect God’s calling and purpose in their lives and that of generations after them. Therefore, the healing of the family heart is very important for the Kingdom of God.

WOUNDING IN MINISTRY

Wounding of the heart while serving in ministry can be either be from your ministry leadership, or those co-laboring with you in ministry, or the people you are leading. Unlike in the world where you can resign a position that is unbearable, and find another opportunity elsewhere, or if it is in your power to do so, you can fire the offending people, in ministry we pretty much have to soldier on until the Lord tells us otherwise. And yet the wounding that happens can be damaging to your heart without even being noticed by those around you. You can give your all while you are constantly forced to deal with issues you mostly cannot control. Most of the time it is from people who might also be wounded or spiritually immature.

As a married couple in ministry, my husband and I both in an individually capacity and as a couple, have experienced wounding in our hearts over the years. This is a reality for every minister. Because our hearts were unguarded, the traumas, attacks, trials, rejections, etc. wounded our hearts over time. If it was not by the grace of God some would have made us to give up ministry all together. But God! He used the healing of the heart ministry to start a journey to heal our hearts, one issue at a time. Hence, the Lord giving us a vision to minister the healing of the heart to other ministry leaders, especially those who have no choice but to continue leading with a wounded heart without any help. As we continue obeying God this way, the Lord continues to heal and restore our own hearts. And as a result, everything we teach comes from our heart, a healed heart even as we continue to heal, and most importantly from the Heart of God whose desire is for every minister to overcome. He is a faithful God.



OUR EXTENDED FAMILY & MINISTRY LEADERS TESTIMONIES



The following testimonies are from a Healing of the Heart Seminar we conducted in early October 2023 with 2 of our children, a teen and a young adult; our extended family members, a father and a teen son; and ministry leaders, a pastoral couple and a pastors’ wife. These testimonies are unique to the person sharing. They went through the same Healing of the Heart Seminar, but God met them where they needed Him most.

*“Healing is a process; it is not instant. The teachings were like a medicine that can be used while healing in whatever has been troubling us. A Godly tool for when you come against challenges. I will always refer to the (Seminar) notes. The highlight for me was Lesson no.7 which teaches about how we guard our heart. It talks about what to avoid in order to stay guarding our hearts. It is a tool that is useful, not only for me, but I believe for my workplace, for the ministry that I am in, for the community, and for everyone in general. And it is also an evangelistic tool because as you evangelize you come across a lot of broken hearts. A lot of people have lost hope and do not know what to do. This is that tool that can help people to move on with their lives.”* Pastor M Shabangu.

*“In my personal capacity I have learned a lot, especially with dealing with my heart. I know the scripture in Proverbs 4:23 that says ‘Above all else, guard your heart, for everything you do flows from it.’. I learned that I need to separate between things of my heart and my mind in order for me to deal with the healing of my heart. And also, what to allow into my heart. And also, to understand the enemy behind that wants to attack my heart as I learned in Lesson 5 how to identify and avoid Satan’s temptation strategies, because our heart is important in everything. The scripture says guard your heart above all. I am currently doing devotions about the heart, even before I came to this Seminar. When I saw that the Seminar was about the Healing of the heart, I knew this is where I needed to be. Even the artwork on the Seminar material ministered to condition of my heart.*

*The other thing I learned was that the family characteristics (family identity) must conform to the things of God and not of the be controlled by Satan. I struggle with being stubborn and defending my position, which is from childhood traumas; and the Word that was released in my heart is I need to stand firm in the things of God. If God spoke to me, that I should not compromise and stand firm in God’s Word. But to learn to let go of other things.*

*The Armor of God says you must put on the sandals. The soldiers put on sandals so that when you go to war they will not slip and fall. If they are standing, they will be able to stand straight. This is a reminder that I also need to stand firm in the Word of God, so that I can protect my heart with the shield of faith, and also be able to use the sword to plug out arrows that attack my heart. I am asking God to show me the areas of my life to use the sword of the Spirit to plug out (arrows) one by one from inside my heart, and pill off layers (of hardness) from outside my heart to renew my whole heart.*

*I am so grateful to God for this Healing of the Heart Seminar. God is so good. He is God of divine appointments. He is God of perfect timing. What has happened (in this Seminar) has prepared me for the future, and when what was happening in my heart before happens again I will know what to do. I will rely on God to remind in all my circumstances, to discern between the soulish things and spirit things and be able to stand firm as I meditate on the Word, believe God’s promises about my life in that area until I overcome.”* Pastor D Shabangu.

*“Throughout the Seminar there are 3 things that stood out for me. The first one is I was born again with a heart already wounded, which I did not know. I could relate with the diagrams and different points, etc. Second, throughout this program with all the teachings and lessons, it forces you to confront your emotional and spiritual wounds. Third, another key point is learning how Satan works and what he fears and avoids and how I can push him away, throughout my life.”* Master J Mkhize.

*“First of all, I just want to express my gratitude to be in this Seminar. This was a divine appointment. Firstly, every family has a wounded heart that needs healing. This Healing of the Heart Seminar is really needed, and I pray God uses you to reach more families, more individuals, and more leaders, because there is bleeding everywhere, people are hurting and go through very bad experiences.*

*As for me, and my son (who is with me), what we have gone through as a family, God started a while ago to put us through programs & teachings, and this Seminar is just a continuation in that lengthy process. I remember when we did a similar program that was very intense, and in this Seminar, I was reminded that the heart challenges are real. After the programs and Seminars, the more you spend time in God’s presence, the more God shows areas that need to be dealt with and prayed for. When you get an attack God will remind you what you learned, and you can practice what you learned and reverse the attack.*

*What stood up for me is the lesson about the seven Spirits of God (Holy Spirit). The Spirit of Knowledge, Spirit of Counsel, Spirit of Wisdom, Spirit of the Lord, Spirit of Understanding, Spirit of Power & Spirit of the fear of God. It was a deep revelation that stayed with me. What I realize is Satan has a counter evil spirit that controls this world that imitates the Spirit of God, beginning from when Adam & Eve sinned. We need to guard against them because they want to come into our lives and become like the anti-Christ/666, against the image of God we were created in, the image of Christ. We must be careful of the counsel we receive, the wisdom we bring, wisdom that is not from the Spirit of God. There is a wisdom that only comes from God, like the Apostles who were uneducated fishermen, but people marveled when they spoke after being filled by Holy Spirit. That wisdom can take you far in life. Nowadays there is no fear of God. They don’t fear their parents, if you do not fear God, you won’t fear your parents. These seven counterfeit evil spirits of this world are at work and are causing a lot of problems in our lives, in our hearts. That was a big revelation for me. It says many things for me, including the hearting of my heart.”* Mr. B Ntsele.

*“I learned so much about the healing of the heart, about guarding my heart and about things that damage your heart, that gives an opportunity for Satan to break your heart. I learned that in order to be truly healed you have to have a good heart and a godly heart.”* Master N Ntsele.

*“There is one part on the teaching that reminded me why I write books. It made me realize I could write books to help somebody with this. To teach them that there are ways you can heal. People who are going through so many things and don’t have any friend and family to help them along the way.”* Miss TJ Mkhize.





In summary these testimonies are a picture of what Miss TJ Mkhize says in her testimony when she refers to *“People who are going through so many things and don’t have any friend and family to help them along the way.”* This is just from a teenager’s perspective. Imagine those who are older who have been struggling with heart issues since that young and even younger. And without the ability to guard their hearts as Proverbs 23:4 tells us, instead of springs of life that should be flowing from their heart, it is contaminated springs, flowing into every area of their lives and to others around them. These encouraging testimonies are a few stories of many more. As you go through this book our prayer is you will start your own healing journey of the healing of your heart and learn to be able to stand guard over your heart. We pray that your testimony also will be used by the Lord to encourage others in their own healing, no matter what age.