BOOK PLANNING WORKSHEET

Name : SETUSIMPUMELELO BONANI MKHIZE

PROPOSED TOPIC: What is your book about? What story can only you tell? (In 5 words or

less)

The Healing of the Heart.

PROPOSED BOOK GENRE: What is your category?

Non-fiction

PROPOSED AUDIENCE: Who are your intended readers?

Children; Ages : Teens to adults.

A specific population of adults : N/A

A certain interest group : Every person struggling with heart issues, particularly in the church.

Students or an academic group : Academical literate audience.

Other \*Church and ministry leaders to train and counsel the church body.

WHAT IS THE PURPOSE OF YOUR BOOK? Finish this statement: :

The purpose of this book is to ... bring an understanding of the heart, its language and the

revelation on how it can be wounded and traumatized and solutions to bring healing and maintain

wholeness in Christ.

HOW IS THIS PROJECT DIFFERENT FROM OTHER BOOKS LIKE IT ON THE MARKET? :

If you have never researched other books like yours on the market, don’t make something up here;

do the research! My book is different because it will...

bring an understanding of how you are created, the role your heart plays and how it can be

wounded; ways in which it can be wounded and symptoms, hence the priority to guard it above all

else. Most is based on personal experience, ministry experience and thus provides emphasis where

needed.

Give 5 THEMES THE READERS MIGHT ENCOUNTER WHILE READING YOUR BOOK:

1. Understanding how we are created.

THIS THEME RELATES (directly or indirectly) TO MY OVERALL PURPOSE?

Yes

2. Understanding how our spirit, soul and body functions.

THIS THEME RELATES (directly or indirectly) TO MY OVERALL PURPOSE?

Yes

3. Understanding the heart.

THIS THEME RELATES (directly or indirectly) TO MY OVERALL PURPOSE?

Yes

4. The heart can be healed and can experience life in abundance.

THIS THEME RELATES (directly or indirectly) TO MY OVERALL PURPOSE?

Yes

5. Guarding the heart against Satan's assault.

THIS THEME RELATES (directly or indirectly) TO MY OVERALL PURPOSE?

Yes

EXPANDED TOPIC: Write a 20-word or less summary of what your book is about below.

STICK to 20 words or less. If you cannot summarize your book in the words allowed, your

focus is likely not narrow enough. :

Understanding the heart, its language whether healed & whole or wounded and provide practical

tools to guard one's heart.

MANUSCRIPT OUTLINE

NEXT TASK: Use the space below to create a table of contents. The goal of this exercise is to get your ideas and topics

flowing. It is important to note that these titles may change as you write your book, so they don’t have to be perfect, just

try to get your ideas on paper. Also remember, not all books have 10 chapters, so don’t stress to fill up ALL the lines, use

only as much as needed. However, if you need MORE space, feel free to add an additional sheet.

Chapter #1 : TESTIMONIES - BE HEALED (Revelations 12:11)

Chapter #2 : HOW WE ARE CREATED

Chapter #3 : UNDERSTANDING YOUR HEART

Chapter #4 : TEMPTATION AND YOUR HEART

Chapter #5 : THE TEMPLE OF THE HOLY GHOST AND THE TERBANACLE

Chapter #6 : RACTICAL APPLICATION FOR THE HEALING OF THE HEART

Chapter #7 : N/A

Chapter #8 : N/A

Chapter #9 : N/A

Chapter #10 : N/A

NOTES, IDEAS, AND THOUGHTS: USE THIS SECTION TO BRAINSTORM. DON’T FEEL

CONFINED, USE ADDITIONAL PAPER IF NECESSARY:

All of us experience wounding of the heart through trauma and life experiences. In Proverbs 4:23 we

are instructed to guard our hearts with diligence. God has given us tools to be able to guard our

hearts. But a wounded heart makes this to be very difficult, and without a healed heart we cannot

use those tools effectively. Therefore, it a vital necessity, not only to know the tools, but for our

hearts to heal. This way we can be in a Holy Spirit empowered position to guard our hearts with all

due diligence.

MAJOR CHALLENGE: Now that you’ve walked through your table of contents and done a bit

of brainstorming, take a stab at creating an outline. It is important to note that the more

detailed your outline the easier it will be to write your book, so be sure to include as many

points as possible. But don’t stress, the goal of this assignment is to give your coaches an

understanding of the direction you want your manuscript to go. I’ve attached two different

sample outlines that may help to get you started.

Title : THE HEALING OF THE HEART

Introduction : Proverbs 4:23 “Keep and guard your heart with all vigilance and above all that you

guard, for out of it flows the springs of life.”

A. Capture reader’s interest : How can you guard your heart with all vigilance?

B. Build case through logic : If God gave us the instruction to guard our hearts will all vigilance,

He also gave us tools to fulfill that responsibility. But we know this is not easy, and most ministers

who work with people in this area can testify to that. This is because of the wounding in the peoples

hearts.

C. Topic sentence/thesis statement : In order to be able to guard your heart with all vigilance our

hearts need to be healed. That starts by understanding our heart. Then, with the tools God give us,

during the process of the healing and after the deliverance is complete, we can be able to guard our

hearts. This book is the beginning of yuor journey to be empowered through Holy Spirit to heal and

be able to guard your heart.

Chapter 1 : First main point (strongest) : OUR FAMILY TESTIMONY

A. Support : God said

1. Example : In our marriage.

2. Example : In our testimony.

B. Support : Family tree wounding and healing.

1. Example : Family relationships.

2. Example : Gifts and callings.

C. Support : In ministry wounding and healing.

1. Example : Wounding and healing while serving in ministry.

2. Example : Wounding and healing while in ministry.

Chapter 1 : Second main point (second strongest) : EXTENDED FAMILY TESTIMONY

A. Support : Holy Spirit revelation testimony

1. Example : Deeper understanding of Holy Spirit

2. Example : Relying on Holy Spirit versus relying on the world.

B. Support : Forgiveness testimony

1. Example : Giving forgiveness

2. Example : Receiving forgiveness

C. Support : Relationship with Jesus Christ testimony

1. Example : Understanding the heart.

2. Example : Surrender and water baptism.

Chapter 1 : Third main point (weakest) : MINISTRY LEADERS TESTIMONY

A. Support : Ministry leader personal testimony

1. Example : Wounding as a ministry leader.

2. Example : Healing as a ministry leader.

B. Support : Ministry leader family testimony

1. Example : Wounding as a family in ministry

2. Example : Healing as a family in ministry

C. Support : Church testimony

1. Example : A wounded church

2. Example : A wounded church

Chapter 1 : Conclusion : Proverbs 4:23 “Keep and guard your heart with all vigilance and above

all that you guard, for out of it flows the springs of life.”

A. Restate topic : Testimonies in the form of personal stories, with a few examples wounded hearts

and a journey of healed hearts.

B. Summarize three main points : As a married couple with a family who are in ministry God told

us through my husband that we need to heal. This started a process of seeking what healing looked

like. We found wounding and sources of it. While seeking God we discovered His tools to heal and

how to guard our hearts. In that process God birthed a heart to see others healed. As we ministered

to our partuclar extended family we found, amongst other heart issues God was dealing with, a

deeper understanding of a realtionship with Holy Spirit and a decision to a life of surrender to Jesus

Christ. When we minstered to Ministry Leaders God began a process of healing wound in their

ministry life; personal wounds and wounds to family. There was also more compassion for a

wounded heart of the church - the Bride of Christ.

C. Revisit introduction or tie all ideas together : These testimonies are a few stories. As you go

through this book our prayer is that you will start your own journey of the healing of your heart and

be able to stand and guard your heart. We pray that your testimony will be used by the Lord to

encourage others in their own healing.

Chapter 2 : First main point (strongest) : PROGRESSION OF THE BOOK -do not attempt to skip

any chapter as it leads one to another for wholisitc understanding and deliverance.

A. Support : Preparing your heart

1. Example : Taking notes.

2. Example : Remain in prayer.

B. Support : Revelation about the heart tools.

1. Example : Understanding our heart from our creation.

2. Example : Understanding our heart from our relationship with the Trinity.

C. Support : Empowerment to guard your heart tools.

1. Example : Understanding the wounded heart and the causes.

2. Example : Guarding yuor heart.

Chapter 2 : Second main point (second strongest) : A heart

A. Support : An intimate heart

1. Example : An individual heart

2. Example : A family heart

B. Support : A corporate heart

1. Example : A church heart

2. Example : A nation heart

C. Support : Responsibility to be a steward of your heart.

1. Example : Influence of a healed family heart.

2. Example : Influence of a healed corporate heart.

Chapter 2 : Third main point (weakest) : Created in His image. Genesis 5:1

A. Support : Made you

1. Example : Reflect Him

2. Example : Reveal & manifest Him

B. Support : Created you

1. Example : Male & female

2. Example : Supernatural physical part

C. Support : Blessed & called

1. Example : Reveal manifest Him through

2. Example : Reveal manifest Him through

Chapter 2 : Conclusion : PROGRESSION OF THE BOOK -do not attempt to skip any chapter as it

leads one to another for wholistic understanding and deliverance.

A. Restate topic : The importance of not attempting to skip any chapter as it leads one to another

for wholistic understanding and deliverance.

B. Summarize three main points : The importance of understanding how we are created.

C. Revisit introduction or tie all ideas together : PROGRESSION OF THE BOOK -do not attempt

to skip any chapter as it leads one to another for wholistic understanding and deliverance.

Chapter 3 : First main point (strongest) : Living in the body

A. Support : Carnal

1. Example : Flesh

2. Example : Carnal

B. Support : Five physical senses

1. Example : Controlled by carnal senses

2. Example : Hurt from a wounded heart experienced in the body

C. Support : Christ became flesh

1. Example : John 1:14

2. Example : Philippians 2:2-8

Chapter 3 : Second main point (second strongest) : Body with a soul

A. Support : Personality

1. Example : Mind & emotions

2. Example : Conscious mind & Subconscious mind

B. Support : Evidence of hurt from a wounded heart experienced in your soul

1. Example : Mental anguish & emotional instability

2. Example : Paralysis of the will

C. Support : Imitating God

1. Example : God's emotions in response to our action.

2. Example : The mind of Christ

Chapter 3 : Third main point (weakest) : The spirit man

A. Support : The spirit of a man

1. Example : Romans 8:1-27

2. Example : From the Spirit man flows & dwells

B. Support : 5 spiritual senses

1. Example : gates from the spirit to the soul and body

2. Example : Faith, hope, reverence, prayer, worship

C. Support : Evidence of hurt from a wounded heart vs Evidence of Wholeness from a healed heart

1. Example : affecting body and soul

2. Example : affecting body and soul

Chapter 3 : Conclusion : 5. CONNECTING THE SOUL & SPIRIT ❤️ IS THE HEART - THE GATE

BETWEEN THE SOUL AND SPIRIT MAN.

A. Restate topic : Body, soul & spirit man

B. Summarize three main points : Body, soul & spirit man

C. Revisit introduction or tie all ideas together : Born again & healed heart – Adam & Eve

before the fall. Not born again - Adam & Eve after the fall. Born again & wounded heart.

Chapter 4 : First main point (strongest) : Temptation - Satan strategy for every temptation is

through lust of the eyes, lust of the flesh and the pride of life.

A. Support : Lust of the eyes

1. Example : Satans strategy

2. Example : Testimony

B. Support : Lust of the flesh

1. Example : Satans strategy

2. Example : Testimony

C. Support : Pride of life

1. Example : Satans strategy

2. Example : Testimony

Chapter 4 : Second main point (second strongest) : Adam & Eve

A. Support : Lust of the eyes

1. Example : What was Satans strategy?

2. Example : Result from an unguarded heart

B. Support : Lust of the flesh

1. Example : What was Satans strategy?

2. Example : Result from an unguarded heart

C. Support : Pride of life

1. Example : What was Satans strategy?

2. Example : Result from an unguarded heart

Chapter 4 : Third main point (weakest) : The Lord Jesus Christ - The second Adam

A. Support : Lust of the eye

1. Example : What was Satans strategy?

2. Example : Result from a guarded heart

B. Support : Lust of the flesh

1. Example : What was Satans strategy?

2. Example : Result from a guarded heart

C. Support : Pride of life

1. Example : What was Satans strategy?

2. Example : What was Satans strategy?

Chapter 4 : Conclusion : THE HEART (THE WILL & CONSCIENCE) THE GATE BETWEEN THE

SOUL AND SPIRIT MAN

A. Restate topic : Temptation

B. Summarize three main points : Temptation result from a unguarded heart versus a guarded

heart.

C. Revisit introduction or tie all ideas together : Satan strategy for every temptation is through

lust of the eyes, lust of the flesh and the pride of life.

Chapter 5 : First main point (strongest) : Outer court relationship with Christ

A. Support : Alter of Sacrifice

1. Example : The Cross

2. Example : The blood & die to self

B. Support : Laver/water basin for ceremonial washing

1. Example : Purity of heart

2. Example : Holiness

C. Support : Curtain - restricted access

1. Example : Heart decision

2. Example : "Be Holy"

Chapter 5 : Second main point (second strongest) : Holy Place relationship with Christ

A. Support : Menorah - Seven Spirits of God

1. Example : Leviticus 24:1-2

2. Example : Submission to/ fellowship with Holy Spirit

B. Support : Table of shewbread/ showbread of the presence

1. Example : Leviticus 24:9

2. Example : Lord's desire to Fellowship with us

C. Support : Altar of incense before the Holy of Holies

1. Example : Romans 8:34, Hebrews 7:25, Hebrews 9:24, 1 John 2:1

2. Example : Intercession - Heart of God

Chapter 5 : Third main point (weakest) : Holy of Holies relationship with Christ

A. Support : Ark of the Covenant

1. Example : Veil/Curtain

2. Example : Tebanacle

B. Support : Mercy seat/ 10 Commandments/ Aaron's stick/ Mana

1. Example : Atonement

2. Example : Archangels

C. Support : High Priest

1. Example : Jesus Christ

2. Example : Jesus Christ

Chapter 5 : Conclusion : The effect of Satan's attacks to your heart depends on where you are in

your relationship with Christ.

A. Restate topic : Tabernacle

B. Summarize three main points : Satan will attack your heart in the outer court relationship

with the Lord through your flesh, in the inner court relationship with the Lord through you flesh and

soul, Because he does not want you to enter into the Holy of Holies where it’s about JOHN 3:16 -

God’s heart.

C. Revisit introduction or tie all ideas together : Tabernacle, a picture of our relationship with

Christ.

Chapter 6 : First main point (strongest) : PRACTICAL APPLICATION TO A LIFE SITUATION

A. Support : Language of the heart

1. Example : What does a healed heart look like?

2. Example : What does a wounded heart look like?

B. Support : Authority of a believer

1. Example : David - Psalm 51:10

2. Example : Holy Spirit empowered authority, might and force

C. Support : SIX AREAS OF BLESSINGS SATAN ATTACKS TO STEAL, KILL AND DESTROY YOUR

HEART

1. Example : Blessings

2. Example : Curses

Chapter 6 : Second main point (second strongest) : PRAYER FOR THE HEALING OF THE

HEART.

A. Support : Satan's stronghold

1. Example : Matthew 12:43-45

2. Example : How they are built

B. Support : Pulling down demonic strong hold

1. Example : Breaking each curse at a time

2. Example : Personal application

C. Support : Deliverance prayer

1. Example : Sealing every prayer

2. Example : Personal application

Chapter 6 : Third main point (weakest) : HOW TO MAINTAIN/GUARD A HEALED HEART

A. Support : Sealing the victory once gone through seven prayers

1. Example : Walking in the Spirit

2. Example : Fill your 5 senses of your spirit daily.

B. Support : You have a responsibility to walk it out in order to stay free.

1. Example : Practical ways to walk it out.

2. Example : Galatians 6:7-9

C. Support : Meditation vs Study the bible

1. Example : Meditation

2. Example : Meditation

Chapter 6 : Conclusion : After an understanding about your heart, it is time to practically work on

the healing.

A. Restate topic : PRACTICAL APPLICATION TO A LIFE SITUATION

B. Summarize three main points : Language of the heart and knowing Satans stronghold to

wound & keep your heart wounded, you can now pray with understanding against the devil and start

your healing.

C. Revisit introduction or tie all ideas together : PRACTICAL APPLICATION FOR THE

HEALING OF THE HEART

New Tasks

Take Notes

What do you need to do next? Are you ready to organize? Try creating a table of contents or

a mind map. Are those tasks complete? Have you researched? Written lately? Make a list

here for yourself or begin one of the steps listed above.

1.Next - add content into each chapter 2.Organize - structure to flow chapter to chapter 3.Table of

contents - clean it up 4.Researching - Continue writing downloads when meditating, and relevant

bible verses during my bible readings. 5. Focus and pray

TABLE OF CONTENTS *(updated)*

Chapter #1 : TESTIMONIES - BE HEALED (Revelations 12:11)

Chapter #2: THE HEART TO GUARD

Chapter #3 : HOW WE ARE CREATED

Chapter #4 : UNDERSTANDING YOUR HEART

Chapter #5 : TEMPTATION AND YOUR HEART

Chapter #6 : THE TEMPLE OF THE HOLY GHOST AND THE TERBANACLE

Chapter #7 : PRACTICAL APPLICATION FOR THE HEALING OF THE HEART

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(AMP) 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(AMP) 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.

CHAPTER 2 – THE HEART TO GUARD

At this point it is important to note that this book must not be read for recreational purposes. It is your personal journey from beginning to end of the healing of your heart. For a wholistic understanding and deliverance avoid skipping anything. Each chapter leads one to another. We advise you to have a special journal with you, ready to write down what Holy Spirit reveals to you as you read. We also strongly encourage you to prepare your heart. Be in an attitude of prayer and meditation and this will make it easier for you to be sensitive Holy Spirit. Do not try doing this with your mind, but just focus on Jesus Christ who is already there with you as you read.

AN INDIVIDUAL HAS A HEART

The heart that Proverbs 4:23 commands you to guard is not the physical heart. Yes, our physical hearts need to be taken care of too, but the heart we are dealing with is your spiritual heart. However, if you look at your physical heart you can understand a something about your spiritual heart.

Your physical heart is the primary organ of your circulatory system in your physical body. Your spiritual heart is also the primary spiritual gate of your spiritual circulatory system of your spirit man. Your physical heart pumps blood throughout your body, blood flows through it, it controls your heart rate and maintains blood pressure. Through and from your spiritual heart flows issues of life that affect you spirit, soul, and body. Your physical heart is a bit like a house. It has walls, rooms, doors, plumbing and an electrical system. All the parts of your heart work together to keep blood flowing and send nutrients to your other organs. Your spiritual heart is also a bit like a house. It has parts that are portals for God’s blessings, working together, generation to generation which we are to guard. There are medical conditions that affect your physical heart and therefore affect your physical body. Satan also comes to kill, steal and destroy God’s blessings, turning them into curses, creating his stronghold and wounding your heart.

Like David you need to seek for your spiritual heart to be healed and whole. God said this of David in Acts 13:22 (AMP) *“And when He had removed him, He raised up David to be their king: of him He testified and said, 'I HAVE FOUND DAVID the son of Jesse, A MAN AFTER MY OWN HEART [conforming to My will and purposes], who will do all My will.”* It is no wonder David’s heart cry to God in Psalms 51:10-12 was *“Create in me a clean heart, O God, And renew a right and steadfast spirit within me. Do not cast me away from Your presence And do not take Your Holy Spirit from me. Restore to me the joy of Your salvation And sustain me with a willing spirit.”* In spite of some downfalls David touched God’s heart by always working on guarding his heart.

A FAMILY HAS A HEART

Your family has a heart. This heart can be wounded and can be healed and made whole. Remember a family is a combination of individual hearts. When those individual hearts are wounded, they bring that bleeding or septic heart into the family heart.

We can start with the first family. God created Adam and Eve. He blessed them. He put them in the Garden of Eden to multiply, conquer and fill the earth. The responsibilities in that garden were the beginning of advancing the Kingdom of God throughout the earth. Satan came to trick them to sin against God. His agenda was to stop them from advancing Gods Kingdom and take over the earth. That brought a curse upon the couple, and they had to leave their home and start over. Even though God was still watching over them and in communion with them, it was not the Garden of Eden. The curse turned work to be hard labor. That must have brought wounding, even down to their sons Cain & Abel.

Cain the first born was a farmer, and Abel the second born was shepherd. As part of their relationship with God they offered to God the first fruits. God was not pleased with Cain’s sacrifice. Cain got angry. When God warned him that the anger will open a door for Satan in his heart Cain did not listen. It is interesting to know that God still spoke to them as He did in the Garden of Eden. Instead of listening to God Cain murdered his innocent brother Abel. How many siblings are angry and even turn of each other because of the consequences from the decisions of their parents. They might not physically murder each other but hurt each other in many other ways. That brings more wounding to the family.

Most of the drama that happens in families is the fruit of a wounding. It is important to look beyond the drama or the fruit and find the wounding Satan is using to establish himself while causing strive, blame, guilt, hate, murder and more wounding. My husband and I over time and after a lot of wounding we realized that we came from families that have their own drama and we brought some of that drama into our marriage and family. We began to work with the Lord to identify the real woundings behind the fruits. For our children’s sake we began to seek the Lord for healing and tools to fight so that our children and generations to come to not have to go through those wounds. We are still fighting as the Lord leads.

The story of David and his first wife Michal is a picture of a family heart. Both went through hell because of Michal’s father king Saul. First, Saul promised her to David in marriage if he succeeded in a battle against the Philistines. Saul was counting on David being defeated, but David succeeded. Then Saul decided to kill David himself and Michal helped him escape. As punishment Saul gave her in marriage to another man, Palti. David, after 15 years hiding form Saul who was hunting him down to kill him, Saul died, and David became king of Israel. He sent for Michal to be returned to him. Just imagine the state of the heart both of them were bringing back into this family after these 15 years long trauma. The fruit showed the effect of their wounding. David, being a man after God’s heart brought a heart that was healing into his family. But Michal’s comment mocking David because David was dancing in excitement when he brought back the Arch of the Covenant to Israel tells about that wounding that was still in that heart.

*“20 Then David returned to bless his household. But [his wife] Michal the daughter of Saul came out to meet David and said, “How glorious and distinguished was the king of Israel today, [a]who uncovered himself and stripped [off his kingly robes] in the eyes of his servants’ maids like one of the riffraff who shamelessly uncovers himself!” 21 So David said to Michal, “It was before the Lord [that I did this], who chose me above your father and all his house, to appoint me as ruler over Israel, the people of the Lord. Therefore I will celebrate [in pure enjoyment] before the Lord. 22 Yet I will demean myself even more than this, and will be humbled (abased) in my own sight [and yours, as I please], but by the maids whom you mentioned, by them I shall be held in honor.” 23 Michal the daughter of Saul had no [b]child to the day of her death.” 2 Samuel 6:20-23 (AMP)*

A CHURCH HAS A HEART

Your church has a heart. This heart can be wounded and can be healed and made whole. The heart of a church is a combination of both individual heart and a family heart. When the individual heart is wounded, and the family heart is wounded, they bleed into the church heart and bring wounding. Today we might believe that what we see as wounding in the modern church is new, but Satan has been attacking the church from the beginning. What we always need to keep in mind when we deal with the heart of the church is there might be different forms of attack, but they are from the same enemy for the same agenda; to stop the preaching of Gospel of Jesus Christ and Kingdom of God advancing.

The beginnings of the first church were a combination of miracles, signs, wonders which brought church growth, accompanied by constant persecution which brought a lot of wounding. In Acts 1:9-26 & Acts 2 the story of the beginning of the church is told. Holy Spirit fell on 120 disciples of Jesus Christ while they gathered in the Upper Room in Jerusalem waiting in prayer for Holy Spirit, as Jesus instructed them. By the end of that day, which was a first day of Pentecost that year, 3000 men and women received Jesus Christ as their Lord and Savior. In Acts 6 & 7, 36 years after the death and resurrection of Christ it was estimated that the church grew to about 20 000 believers in Jesus Christ as their Messiah. This was mostly in and near to Jerusalem. While the church was enjoying this growth and fellowship persecution was also growing. Stephen’s martyrdom, which happened during that period was the beginning of the acceleration of the persecution of the church. Through zealous men like Saul, with the approval from the Jewish religious leaders, Jewish believers in Christ were hunted down to be jailed and killed. It was safer for most believers to live Jerusalem. Acts 8:4 says that is how the gospel began to spread because they preached the gospel of Jesus Christ wherever they went. But persecution followed them everywhere. Imagine being hunted down to be killed because of being a believer in Jesus Christ. Uprooted from your childhood home and your livelihood knowing you might never return. Imagine the fear and hurt from that experience.

This was generally the experience of the first church, which was Jewish at that time. But when the church grew to different cities in Rome, and as the Gentile church also grew with miracles, signs and wonders, additional challenges started, bringing confusion, division, hurt and a lot of wounding. This Gentile church, through the evangelism of the Jewish believers, mostly Apostles like Paul, started around 50 years after the death and resurrection of Christ. Apostle Paul was commissioned by Holy Spirit to preach the gospel of Jesus Christ to the non-Jews, the Gentiles. This was part of fulfilling the great commission given by Jesus Christ to go to the world and make disciples of all nations (Matthew 28:19-20). Empowered of Holy Spirit, Apostle Paul reached about 59 cities between AD 50 to AD 64/65 when he was martyred.

In those 15 years of mission journeys, planting and discipling churches Paul addressed a lot of issues that were hurting the heart of the church. Those he could not disciple directly he discipled by sending letters, teaching, answering questions and dealing with heart issues. We read about these issues and his address in the books he wrote to those churches while he was on mission trips in other cities, or in prison. His letter to the Thessalonian church was to encourage them during tense persecution for their faith in Christ. The persecution for Jewish believers was because of rejecting Jesus as the Messiah. The persecution for the Gentile believers was because they repented from serving their ancestral gods to serving Jehovah God. Paul encouraged them to focus on the second coming of Christ while holding on to faith, hope and love. Faith, hope & love is a picture of a healed heart.

Apostle Paul’s letter to the Galatian church dealt with false teachers who came to deceive and bring division in the church. Contrary to what Paul taught the church when he planted it of being save by faith in Jesus Christ, these false teachers were preaching being saved by works and following the law of Moses. These were Jewish teachers, same as Paul. Needless to say, to a Gentile church which has just believed in Jesus, who was born a Jew, as their Messiah, and was also not familiar with Jewish customs, this must have been confusing. All these people were Jews calming to serve the same God Jehovah.

The letter Apostle Paul wrote to the Corinthian church dealt with pride that was causing disunity amongst the believers in the church. Corinth was a prominent city in Rome and power, wealth and academic intelligence was revered. Unfortunately, that came into the church. Believers were following some leaders while looking down upon others. Off course with their financial support as well. Leaders who were prominent and eloquent in speech were respected and supported more that some who were more spiritually mature, like their own spiritual father, Apostle Paul. This brought a lot of division and hurt in the church. Apostle Paul brought them back to the living according to the gospel of Jesus Christ, and to aim to follow Jesus and not mere man. For the healing of the heart of the church Apostle Paul taught them about how to guard their hearts from this issue that was hurting the heart of the church. A practical way to practice God’s love for each other*. “4 Love endures with patience and serenity, love is kind and thoughtful, and is not jealous or envious; love does not brag and is not proud or arrogant. 5 It is not rude; it is not self-seeking, it is not provoked [nor overly sensitive and easily angered]; it does not take into account a wrong endured. 6 It does not rejoice at injustice, but rejoices with the truth [when right and truth prevail]. 7 Love bears all things [regardless of what comes], believes all things [looking for the best in each one], hopes all things [remaining steadfast during difficult times], endures all things [without weakening].*

*8 Love never fails [it never fades nor ends]. But as for prophecies, they will pass away; as for tongues, they will cease; as for the gift of special knowledge, it will pass away. ”1 Corinthians 13:4-8 (AMP)*

Apostle Paul went on to write letters to other churches he evangelized and planted; the books of Roman, Ephesians, Philippians, Colossians & Philemon. He also addressed issues with the Jewish believers in the book of Hebrews. Also, he sent letters through his disciples to the churches they were leading; the books of Timothy and Titus. From Paul’s letters it is obvious that all the issues the church experience today are not very different to what the churches in the bible experienced. It is also obvious that the heart of the church is under attack and the church needs to learn to guard it. It is also obvious that Holy Spirit gave Apostle Paul wisdom on how to help the church guard its heart.

The modern-day church hardly experiences the persecution for spreading the gospel the early church experienced. With the exception of a few persecuted churches, most cannot relate. However, besides the challenges similar to that of the Galatian & Corinthian church, there is a mindset that always threatens some churches and hinders the advancing of the Kingdom of God. The slave mindset as opposed to sonship in the Kingdom of God. This slave mindset attacks the heart of the church from within and brings a lot of hurt. The slave mindset needs deliverance to be free to be a son and daughter in the Kingdom. Otherwise, it brings strife, divisions, competitions, judgmental attitudes, believers leaving the church for good or hoping churches, church splits, etc.

What is a slave mindset? When we accept Jesus as our Lord and Savior we become born again. But in order to walk in freedom there is still a lot of discipleship we need so to be delivered from the past bondages that held us captive. Our minds need to be renewed as we are transformed daily so that we do not conform to the pattern of this world (Romans 12:2 AMP). And when that is neglected or minds remain enslaved to the things of this world, and we do not grow in the authority of being sons and daughters in the Kingdom. Reigning with Christ (2 Timothy 2:12 AMP). But if we are not transformed, we remain in bondage with a slave mindset. And we bring that mindset into the church. We promote each other into leadership when we are not ready to reign and just need to serve while being transformed. A perfect weapon for Satan to use against the church.

There are 2 scriptures that sum up what heaven says about a slave mindset. *“Under three things the earth is disquieted and quakes, And under four it cannot bear up: Under a servant when he reigns,…” Proverbs 30:21 AMP*. We need to serve while being transformed by the renewing of the mind as preparation to reign. *“Luxury is not fitting for a fool; Much less for a slave to rule over princes.” Proverbs 19:10 AMP.* A slave mindset will handle Kingdom finance like the world. All this has brought so much wounding in the church. The church needs to heal and learn to guard its heart.

A NATION HAS A HEART

Your nation has a heart. This heart can be wounded and can be healed and made whole. The heart of a nation is a combination of an individual heart, a family heart and a church heart. When the individual heart is wounded, and the family heart is wounded, and the church heart is wounded, they bleed into the nation heart and bring wounding.

Revival from a healed heart of individuals, families and church can bring reformation to a nation, in all seven spheres of influence. Reformation changed the history of a nation. More importantly, it changes the heart of a nation. Philip Schaff, a renowned church historian writes, *“The Reformation was, at its heart, a recovery of the true gospel of Jesus Christ, and this restoration had an unparalleled influence on churches, nations, and the flow of Western civilization.”*

The history of Christian reformation is often told as the reformation of the church, but it actually changed the nations. Those that made history began in the beginning of the sixteenth century. They were determined men raised by God to reform the nations through the church. There were others before them, but these Reformers *“…were the best educated, most godly, and most faithful reform leaders the church had ever seen. These men were steeped in Scripture and marked by audacious courage in the face of opposition. They were emboldened by deep convictions as to the truth and a love for Christ’s church that drove them to attempt to bring it back to its timeless standard. In the simplest terms, they longed to see God’s people worship Him according to Scripture. These men were shining lights in a dark day.”*

The nation of Germany was reformed by an Augustinian monk, Martin Luther, born 1483 and died 1546. He was ordained to be a priest in 1507. This was the Middle Ages in the 16th Century where the Roman Catholic Church was established as a powerful religious organization, even in politics. Martin Luther began disputing the Roman Catholic regarding indulgences, the belief of eternal life earned by works or good deeds rather than a free gift of God’s grace through the cross of Jesus Christ. He began the Protestant Reformation which reformed Christianity almost back to what it was when it started. The Catholic church at that time has banned the reading of the bible, owning a bible was treason. The bible was only found chained in the pulpit and written in Latin, a language only a few understood. The office of the Pope was the authority to be the only source for divine revelation. Martin Luther also challenged all of that. He translated the bible into Germany and made it available to anyone. This had a great impact in both the church and the German culture, the nation. He also influenced the translation of the bible into English, the Tyndale Bible. He also widely taught that only Jesus Christ is head and authority over the church and not the Pope. He composed church hymns that are still sung in Protestant churches today. He also got married setting a model that allowed other Protestant minsters to marry.

Martin Luther’s reformation influences other like-minded ministers during his time and after he died who supported him and carried on what he started. Reformer by reformer Holy Spirit was restoring the gospel of Jesus Christ for the nations that has been altered by the Roman Catholic Church over a period of four centuries. God was restoring the heart of the church. Some of these reformers and the nations they brought reformation to were; Ulrich Zwingli (1484–1531) from Switzerland, Hugh Latimer (1487–1555) from England, Martin Bucer (1491–1551) from Germany, William Tyndale (ca. 1494–1536) from England, Philip Melanchthon (1497–1560) from Germany, John Rogers (1500–1555) from England, Heinrich Bullinger (1504–1575) from Sweden and John Calvin (1509–1564) from France. These Reformers were tirelessly committed to the truths of Word of God and salvation as a free gift of God’s grace through the cross of Jesus Christ.

This shows why the Lord instructs us in Proverbs 4:23 to guard our heart with all vigilance. The issues of life from either a wounded heart of healed or guarded heart flow from an individual, into a family, into a church and into a nation. God made it that way for the advancing of His Kingdom. Satan knows it too well and is able to use unguarded heart to advance his own demonic kingdom.

CHAPTER 3 – HOW WE ARE CREATED

YOUR IDENTITY AND YOUR HEART

In order to understand your heart, you must understand from its creation, otherwise it becomes difficult to guard your heart. How were you created? This comes down to your identity. A believer with an identity crisis is a sitting duck to Satan. Your heart can easily be his playground and remote control. Also, you must understand from your relationship with God the Father, God the Son and God the Holy Spirit. Why did God create you? Why did He create your heart? This comes down to your daily relationship with the Trinity. If you have an identity crisis it becomes difficult to have a healthy relationship with God. Needless to say, you cannot guard your heart either. Therefore, this is the first step towards your healing.

Guarding your heart, whether for healing or for staying healed, needs tools God already has available for you. When you work on believing God’s identity of who you are you are able to identify and begin to use those tools. Working on your relationship with God will help you to submit to Him as he trains your hands for war to overcoming one victory at a time. David said it so well in a Psalm of David.144:1-2(AMP) “Blessed be the Lord, my Rock and my great strength, Who trains my hands for war And my fingers for battle;2 My [steadfast] lovingkindness and my fortress, My high tower and my rescuer, My shield and He in whom I take refuge, Who subdues my people under me.”

The ongoing revelation of your Godly Identity together with your growing relationship with God will help you to identity woundings in your heart and the cause of it. Also, to be able to war for the healing of your heart. And finally, to be able to stand guard as you learn how to identify the Satan’s strategies to wound you, and learn how to maintain your healing daily.

UNDERSTANDING HOW YOU ARE CREATED

*"This is the written account of the descendants of Adam. When God created human beings, he made them to be like himself. He created them male and female, and he blessed them and called them “human.”* *Genesis 5:1*

Made you to be like himself/ His Image/ to reflect Himself/ to reveal Himself/ to manifest Himself. That is the Supernatural Spiritual part of who you are made to be.

Created you male or female. That is the Supernatural physical part of who you are made to be.

Blessed you. WHY? to manifest/to reveal His image (the Supernatural Spiritual part of who you are) through your created Supernatural physical form expressed in e.g., gifts, talents, abilities, responsibilities etc.

Called you by name. Called to say 'Yes!' through Salvation in Christ Jesus through Holy Spirit in order to manifest, to reveal, to reflect Lord God Jehovah to the World.

**SCRIPTURES**

*INTRODUCTION*

*Proverbs 4:23 (AMP)*

*Hosea 4:6 (AMP)*

*CHAPTER 1*

*Revelation 12:11(AMP)*

*1 Timothy 3:4-5(AMP)*

*CHAPTER 2*

*Psalm 144:1-2(AMP)*

*Proverbs 4:23 (AMP)*

*Acts 13:22 (AMP)*

*2 Samuel 6:20-23 (AMP)*

*Acts 1:9-26 (AMP) & Acts 2 (AMP)*

*Acts 6 & 7 (AMP)*

*Matthew 28:19-20 (AMP)*

*1 Corinthians 13:4-8 (AMP)*

*Romans 12:2 (AMP)*

*2 Timothy 2:12 AMP*

*Proverbs 30:21 AMP*

*Proverbs 19:10 AMP*

*CHAPTER 3*

*Genesis 5:1*

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