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 your 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 particular 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 : WOUNDING IN THE HEART OF A BORN-AGAIN BELIEVER

Chapter #6 : TEMPTATION AND YOUR HEART

Chapter #7 : THE TEMPLE OF THE HOLY GHOST AND THE TERBANACLE

Chapter #8 : 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 I advise that you read this book as a personal journey from beginning to end of the healing of your heart. For that reason, for a wholistic understanding and deliverance avoid skipping anything. Each chapter leads one to another. My advise is that you to have a special journal with you, ready to write down what Holy Spirit reveals to you as you read. I also strongly encourage you to prepare your heart by being in an attitude of prayer and meditation and this will make it easier for you to be sensitive to Holy Spirit. Avoid reading through the book with your mind, 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 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 or channels for God’s blessings, working together. This cycle of blessings can go from generation to generation which is something to jealously 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 in your life, wounding your heart and creating his strongholds in the process.

Like David you need to seek for your spiritual heart to be healed and made 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 (AMP)* 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 and making sure it is aligned with God’s 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 heart is a combination the hearts of individuals living together in communion. When one or more of the individual hearts is wounded, it bring that bleeding or septic heart into the family heart.

Let us start to explain this concept 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. Their responsibilities in that garden were the beginning of advancing the Kingdom of God throughout the earth. Satan tricked them to sin against God. His agenda was to stop them from advancing God’s Kingdom and take over the rulership of 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 no longer in the Garden of Eden. The curse included hard labor. What was once enjoyable work became hard and that must have wounded their hearts. That wounding was evidently passed down to their sons Cain & Abel.

Cain the first born was a farmer, and Abel the second born was a 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. Instead of listening to God Cain murdered his innocent brother Abel. How many siblings are angry and even turn on 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 bringing more wounding to the very heart of the family.

Most of the drama that happens in families is the fruit of 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. 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 do not have to go through that wounding. We are still fighting as the Lord reveals more.

The second story is the story of David and his first wife Michal. This is a picture of a family heart. Both went through trials because of Michal’s father king Saul. First, Saul promised her to David in marriage if he succeeded in killing two hundred Philistines. Saul was counting on David being defeated and killed, but David succeeded. Then Saul decided to kill David himself and Michal helped him escape. As punishment for helping David escape, Saul gave her in marriage to another man, Palti. After 15 years of running from Saul, Saul died and David became king of Israel. He sent for Michal to be returned to him. Now just imagine the state of the heart both of them were bringing into this family after a 15-year long trauma. The fruit of their lives showed the condition of their hearts. In *2 Samuel 6:20-23* we learn aboutDavid, being a man after God’s heart, bringing the Ark of the Covenant back to Israel, David danced with excitement before the Lord. His heart showed wholeness. But Michal’s comment that mocked David because he was dancing in excitement tells us that wounding that was still in her heart. As a result, she remained barren for the rest of her life and could not be in a position to bring an heir to the throne, while David on the other hand prospered all the more and still had children and his successor to the throne by other wives. He also became an ancestor of Jesus Christ.

A CHURCH HAS A HEART

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 individual believers’ heart and their family hearts. 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 the Gospel of Jesus Christ and Kingdom of God advancing.

The letter Apostle Paul wrote to the Corinthian church dealt with pride that was causing disunity amongst the believers in the church. Corinth being a prominent city in the Roman Empire with power, wealth and academic intelligence which was revered even by the world back then. Unfortunately, that worldly culture came into the church. Believers began following some leaders while looking down upon others. They used their financial support to show their discrimination. Leaders who were prominent and eloquent in speech were respected and financially supported more that some who were more spiritually mature. This brought a lot of division and hurt in the church. Apostle Paul brought them back to living according to the gospel of Jesus Christ and for them to focus on following Jesus Christ 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)*

The modern-day church has often lacked maturity because of lack of discipleship allowing the world to influence the church. This causes wounding in the church because believers are not equipped to walk in love. Instead, there is strife, competition, arrogance, pride, and all the sins of the flesh the church is warned to stay away from. This results in church splits, people leaving church and lack of church growth. Even that church heart can be healed as the church places its trust and beliefs back to the Word of God.

A NATION HAS A 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’s heart, a family heart and a church heart. When the individual’s heart is wounded, and the family heart is wounded, and the church heart is wounded, they bleed into the nation heart and bring wounding into the nation.

Revival from a healed heart of individual, families and church can bring reformation to a nation, in all seven spheres of influence. This is no pipe dream. Reformation has changed the history of many nations. 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 for example 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 as opposed to Catholic priests who were forbidden 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 chaos.

CHAPTER 3 – HOW WE ARE CREATED

YOUR IDENTITY AND YOUR HEART

In order to understand your heart, you must understand it 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 God. 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 your heart woundings and the causes. It will enable you to war for the healing of your heart and stand guard over your heart as you learn to identify Satan’s strategies to wound you and also 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 IN THE IMAGE OF GOD

God *“made you to be like himself*” In his image *(Genesis 1:26-27 AMP)*. An image is a visual representation of something. God wants to see Himself when he looks at you. Not your physical form, but your spirit man or inner man *“Our likeness [not physical, but a spiritual personality and moral likeness]” (part Genesis 1:26 AMP).* He made you in His likeness, His resemblance, His portrayal, His representation, His stature. When you do not conform to the things of this world, but through the Word of God, your mind is transformed by being renewed, you are becoming more and more His image.

God made you to reflect Himself through you *(2 Corinthians 3:18 AMP)*. God wants His glory from one degree to another, and more, to be reflected through you. You are the vessel He made to pour out His glory from into the world through Holy Spirit. As you continually reflect, meditate, fix your thought on and carefully considering the Word of God; the Word of God is reflected through you. God commands you to meditate, to reflect on His Word day and night with a promise. In *Psalm 1:2-3 AMP* the promise is *“And he will be like a tree firmly planted [and fed] by streams of water, Which yields its fruit in its season; Its leaf does not wither; And in whatever he does, he prospers [and comes to maturity].”* In *Joshua 1:8 AMP* the promise is *“for then you will make your way prosperous, and then you will be [a]successful.”*

God made you to reveal Himself through you *(1 Corinthians 2:10-16)*. From a Greek translation reveal means “to uncover”. The Webster dictionary definition is “to make known through divine inspiration.” Other Webster definitions are to “to open to view “and “to make something secret or hidden publicly or generally known.” God wants to reveal His thoughts through you by Holy Spirit who lives in you. To reveal the understanding of His wisdom and His deep revelations. The ability to spiritually discern what is of God and what is of this world. To reveal the mind of Christ through you.

God made you to manifest Himself through you *(Ephesians 4:13 AMP)*. God wants you to not only reveal the mind of Christ, but also grow spiritually, becoming *“mature believer, reaching to the measure of the fullness of Christ [manifesting His spiritual completeness and exercising our spiritual gifts in unity].”* Your spiritual maturity will manifest God into the world. The King James Dictionary defines it through *1 Timothy 1:1* and *Genesis 3:*16 this way *“To make openly known; appear. And without controversy great is the mystery of godliness: God was MANIFEST in the flesh, justified in the Spirit, seen of angels, preached unto the Gentiles, believed on in the world, received up into glory. (1 Timothy 1:1 Genesis 3:16) Source: A King James Dictionary.*

All this is the supernatural spiritual part of who you are made to be.

CREATED MALE AND FEMALE

God created you male or female *(Genesis 1:27 AMP)*. That is the supernatural physical part of who you are created to be. You are not your gender by chance. It was by God’s design for His divine purposes. Any contrary belief regarding your gender identity is a direct attack to God’s design purposed to lead away from God’s purposes for and through you and will bring confusion in your life. In our modern time there are a lot of gender identity beliefs that are contrary to the Word of God. But it is important to realize that this is not just a modern trend. God warns about it in the bible. Some of the verses are in the Old Testament *(Leviticus 18:22-24 AMP, Leviticus 20:13 AMP, Deuteronomy 23:18 AMP, 1 Kings 15:12 AMP, Jude 1:7AMP)* and the New Testament *(Romans 1:26-28 AMP, 1 Corinthians 6:9-11 AMP, 1 Timothy 1:8-11 AMP)*.

In ancient Greece it was not just a social belief, but also a religious belief. The history period between 8th Century BC and 5th Century AD was a classical era when ancient Rome and ancient Greek flourished. Historians who studied that growing civilization during that period also recorded the same gender relationships, marriages, and male and female prostitution. Just like opposite gender relations, same gender relations were commonly accepted in all levels of ancient Greek society. There were gods who were worshipped for same gender unions. Some of those gods were Apollo, Hymen, Eros, Heracles, Hermes and others. Spirits do not die, therefore the same gods still look for ways to be worshipped today. Satan deceives us to believe it a new thing in a modern era, but it is the worship of the same evil spirits.

The typical response from those practicing the gender identity that does not align with the Word of God is shame, anger, being rejected, confusion and so on. The typical response from those who oppose practicing this gender identity is anger, rejecting, judging, attacking and so on. This is from a pulpit to a society, to a people or even nations. However, what is usually missed by both responses is Satan’s real agenda behind it. The real reason which is to kill, steal and destroy the vessel God created, so that it is defiled and not holy, that is, it is not separated for God. The result of that is it cannot be the image of God, and God cannot reflect, reveal, manifest Himself in and through that person. Not only those who practice this defiled gender identity, but also those who judge. This reality is a revelation that should change any negative response against others into warfare against Satan.

Your supernatural physical part of who you are created to be is of divine importance. The Kingdom of God needs it.

BLESSED

God blessed you. WHY? To be a visual manifestation, revelation of His image (the Supernatural Spiritual part of who you are) through your created Supernatural physical form expressed in gifts, talents, abilities, responsibilities etc*. “And God blessed them [granting them certain authority] and said to them, “Be fruitful, multiply, and fill the earth, and subjugate it [putting it under your power]; and rule over (dominate) the fish of the sea, the birds of the air, and every living thing that moves upon the earth.” (Genesis 1:28 AMP).* Often, we believe things we have and own are a blessing. Those are our provisions. They become a blessing when we use them with our gifts, talents, abilities, responsibilities for others. Especially for the Kingdom of God. God’s instruction to Adam was very clear. It was not a provision for him and his family, it was for the advancement of God’s Kingdom on earth.

This is the same Great Commission Jesus instructed His disciples to do before He ascended to heaven *(Matthew 28:18-20 AMP)*. They and you today are blessed to visually manifest, reveal God’s image through your created Supernatural physical form, using your gifts, talents, abilities, responsibilities, etc., to go and preach the Gospel of Jesus Christ to all nations and people. To work miracles in Jesus’ name. To baptize new believers. To disciple those who receive Christ. Jesus Christ was a sacrifice to restore what was lost in the Garden of Eden. The second Adam *(1 Corinthians 15:45-58 AMP)*.

The Great Commission is not only fulfilled from the pulpit, but through every sphere we are in. The blessings in Gerizim listed in *Deuteronomy 28:1-14 AMP* shared a bit of light in this. First, note that the condition of these blessings is total obedience to God (*verse 1, 2 & 14*). God’s blessing will manifest through you in the city you live in and your place of work (*verse 3*); through your children, the work you do and the result of that work *(verse 4)*; through your provision *(verse 5 & 11)*; wherever you go or travel *(verse 6)*; in the defeat of your enemies *(verse 7)*; in and through your investments, prosperity, business and your property God gives you *(verse 8 & 12)*; through being holy, separated for God *(verse 9 &10)*; through leadership in your responsibilities *(verse 13)*.

You are blessed to manifest God into the world. Through the Great Commission.

CALLED

*“and called them “human.””* (*part Genesis 5:2 NLT)* God called you by name. Called to say 'Yes!' First to Salvation in Christ Jesus. Then daily through Holy Spirit in order to manifest, to reveal, to reflect Lord God Jehovah to the World, through our blessings.

In *Matthew 22:1-14* *AMP* Jesus tells a parable of a marriage feast as a picture of what a kingdom of heaven is like. The story of a king who sent out invitations for his son’s wedding feast. The invitations were rejected a number of times. Some of the messengers were even abused and killed, and the king sending his soldiers to revenge his messengers and burning down the murderer’s city. Eventually the king’s invitation was extended to those who were seen as not worthy, and they came and were all given wedding clothes. However, one of the original invitees decided to sneak in and because he was not wearing wedding clothes he was found and cast out.

Often, we preach this parable as those who are invited are unbelievers for salvation. That is relevant and can lead many to Christ. But if you really listen to this parable, these were citizens of this kingdom invited by their king. They were constantly called but violently rejected the call.

*Revelations 19:6-9 AMP* relates the same story about the marriage supper of the Lamb. John heard the joyous celebration of those who said “Yes!” to the invitation. The bride of Christ. He heard their praises to God for redeeming them. He saw them wearing wedding clothes *“She has been permitted to dress in fine linen, dazzling white and clean—for the fine linen signifies the righteous acts of the saints [the ethical conduct, personal integrity, moral courage, and godly character of believers].”* (*Revelations 10:8 AMP*)

Jesus, in the parable of marriage feast, has a warning in *Matthew 22:14 AMP* *“For many are called (invited, summoned), but few are chosen.”* Saying “Yes” to the call to salvation is not enough. Jesus invites you daily to say “Yes” as He commissions you to fulfil your part of the Great Commission. You must not be like the kings’ citizens who paid no attention and treated the invitation with contempt. They prioritized their lives. They attacked the messengers send to invite them and even killed them. What we say with our tongue to Gods messengers has a power of life and death *(Proverbs 18:21 AMP)*.

The Great Commission is preparation for you and those you invite for the marriage supper of the Lamb. Just because you are born again, it doesn’t mean you can sneak into the wedding without the wedding clothes God gives those who were obedient to the call. God called us. When we say “Yes!”’ we are chosen. Choose to be chosen every day.

CHAPTER 4 - UNDERSTANDING YOUR HEART

From the previous chapter you have begun to have understanding how and why God created you. To be able to know how to guard your heart you also need to understand your three-fold make up. This will bring more revelation to your understanding of your heart.

The three-fold make up is the 3-part nature of a human being. You are a spirit that has a soul that lives in a body. The whole 3 part is important to God. *1 Thessalonians 2:23* tells us that God’s desire is for your whole spirit, soul, and body to be kept blameless in preparation for the second coming of our Lord Jesus Christ. *Hebrew 4:12* tells us that the Word of God is able to clearly distinguish between the soul and spirit, which helps to discern what is in your heart. As a spirit man your heart plays an important role of flowing issues of life from your spirit (*Proverbs 4:23*). God commands you to guard what flows through your heart. However, the condition of each 3-part will always determine what issues flow from your heart. There are 3 conditions there are important to know.

NOT BORN AGAIN

The first heart condition is of a person who is not born again (*see appendix one,a*). That is a person who has not received Jesus Christ as their personal Lord and Savior. The spirit man is dead. Not physical death but spiritual death. The person experiences emptiness, hopelessness, loneliness, futility, etc. There is a void the person will try to fill with all sorts of worldly thing, but only God can fill that void. That can only happen if the person received Jesus Christ as their Lord and Savior. Because the persons spirit man is dead the flesh is dominant. Not the physical flesh, but the spiritual flesh that controls the body and the soul. The bible describes the flesh as the fallen nature of a man that always in opposition to the ways of the Spirit of God (*Galatian 5:17*). The flesh dominates the 5 senses of the person’s body; which are touch, taste, hearing, smell, and sight. There is nothing wrong with the human 5 senses, God gave them to us, unless they are used for wrong reasons. For instance, addictions, bad behavior, bad habits, etc. Anyone of the senses that are used for wrong reasons becomes gate into the flesh. There is the natural reaction in the person’s body, but because the reason was to fulfil an emotional need and not just the need of the natural body, the soul is fed with unhealthy emotions, through 5 gates into the persons soul; which are affections, reasoning, conscience, and imagination. For instance, feeling depressed after stress eating or fear after watching a horror movie or guilt after listening to something you should not have listened to, etc. Through memory as the person reflects on those negative emotions the person’s spirit is fed with spiritual death. The heart of this person experiences wounding after wounding. The person will often struggle to find faith, love, joy, and peace in life. Even the person’s identity will be a challenge. The only way for this person’s heart to be healed is first to receive Jesus Christ as their lord and Savoir. After that their journey for their healing begins.

The New Age religion or movement preaches body, soul and spirit as the way of life in their meditations. In other word the body “gates” are a way to the spirit man. This is the enemy’s way of making sure the heart is not guarded, and only death flows through it. However, as you will learn, in the Word of God, from spirit man flows through the heart, to the soul and body, issues of life.

BORN AGAIN – HEALED HEART

The second heart condition is of a person who is born-again (*Romans 10:9-11*) with a healed heart (*see appendix one, b*). This person walks in the Spirit of God and the result is they do not fulfill the lust of the flesh (*Galatians 5:16*). When this person got born again Jesus Christ in the form of Holy Spirit came and dwells in their spirit man. The person has spiritual insight. The identity God gave is restored as the person grows in Christ (*2 Peter 3*). The person has hope, faith, love and peace (*1 Corinthians 13:13*). The person develops a relationship with Holy Spirit (*Ephesians 1:13*).

This person is armed to guard their heart with all vigilance as Proverbs 4:23 says. Walking in the Spirit gives this person the spiritual weapons to be able to do that. What is received in their soul is what comes from the Lord. Instead of negative emotions it is the Holy Spirit led emotions like are the fruit of the Spirit, love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control (*Galatians 5:22-23*). Instead of the worldly mindset they have the mind of Christ (*1 Corinthians 2:16*). The person’s will submitted to the will of God in all they do. The person’s flesh is no longer dominant and submitted to the Word of God. The gates from the soul, which is subject to the Word of God, cause the 5 senses gates to obey and be closed. For instance, there is no desire for addictions, bad behavior and bad habits anymore.

This is a picture of a born-again believer who learns how to guard their heart. It does not happen just because you get born again. It is a conscious choice daily relying on Holy Spirit and using the spiritual weapons to guard your heart each and every challenge, trial, and daily situations.

BORN AGAIN – WOUNDED HEART

The third heart condition is of a born-again person with a wounded heart (*see appendix one, c*). This book is about this heart condition. A heart that God wants to heal and make whole. A lot of believers in Christ spend their lives struggling with a wounded heart because they do not know how to guard their hearts. The enemy knows that and keeps bringing wounding in their hearts. Sadly, some end up giving up and leaving the faith. Some blame God and others. The good news God is able to heal that heart.

How can a born-again person have a wounded heart? By allowing the desires of flesh to be dominant. That is, opening up the 5 gates through the 5 senses to fulfill their emotional desires and needs through affections (e.g. enjoying), reasoning (e.g. justifying), conscience (e.g. lowering standards) and imagination (e.g. inspirations). Romans 8:5-13 tells us that the flesh is hostile towards God. That means the negative emotions will make it hard to practice the fruit of the Spirit. The person can experience mental anguish and emotional instability. The person might also struggle to exercise their will. The persons thinking or mind will find it difficult to be renewed by the Word of God and have the mind of Christ. Just like the person who is not born-again what is received by the spirit man brings spiritual death. Holy Spirit is there but cannot flow through the person. The person is a believer, but they experience emptiness, hopelessness, loneliness, lostness, futility, etc. The issues of life that flow from that heart are not of God. That heart is wounded because it is not guarded.

SINS OF THE FLESH – WOUNDING YOUR HEART

Deliverance for the healing of your wounded heart is in two parts. The first one is deliverance from satan and his demonic powers that are holding you in bondage, creating strongholds in your heart that prevent the healing and causing more wounding. This part of deliverance is not difficult. Once the devil is exposed, as the bible tells us, we can rebuke the devil and he will flee. Demons obey Jesus. Throughout the Gospels we read about how Jesus delivered many who were oppressed of the devil*. Luke 6:12-16* Jesus commissions his 12 disciples do the same, and they marveled at how the demons obeyed. In *Luke 10:1:23* Jesus commissions his 70 (or 72) disciples who did the same. The book of Acts has testimonies of the Apostles also delivering many who were oppressed of the devil. Of course, the main objective of the commissioning was the preaching the gospel of Jesus Christ followed with signs and wonders to confirm that God is real. Later in the book, after learning how the stronghold was created in the first place, we will learn how to do the same for our own hearts.

The second is the most difficult part. It is the wounding because of the sins of your own flesh. We inflict wounding into our own hearts because of these sins. These are sins we allow through the 5 senses of the flesh, and the devil takes advantage by wounding our hearts and creating a stronghold we struggle to be free from. We need healing from that. These are the sins a born-again believer deliberately and willingly participates in. One of the scriptures that identifies the sin of the flesh in *Galatians 5:19-21*. Remember the book of Galatian was for believers in a church and not unbelievers. As a believer you are still human and will be tempted to sin. That is why God commands you to be on guard.

SINS AGAINST YOUR OWN BODY

Some of the sins of the flesh against your own flesh wound your heart and destroy your flesh. These are adultery, fornication, impurity, and carnality. Adultery is one of those sins. The sin of adultery is when a married person breaks a marriage covenant by having sexual relations which someone other than their marriage partner, whether single or married (*Exodus 20:14*). On the spiritual side God also interpreted the nation of Israel abandoning Him for other gods in the Old Testament as adultery. That is spiritual adultery in *James 4:4-6* which is friendship with the world. Both are important for a believer. Another sin is fornication. The sin of fornication is engaging in sexual relations before getting married. The bible also calls it being immoral (*Hebrew 13:4*). God commands to flee from fornication in *1 Corinthians 6:18* and warns that this sin is against your own body. The sin of impurity (*Ephesians 4:19*) is unclean and unholy living. God commands to be holy as he is holy. Holiness is being separated for God. Participating in anything that does not pure before God is a sin of impurity (*Ephesians 5:3*). The sin of carnality rejects the Word of God (*Romans 8:6-8*). Choosing what to believe and not to believe in the Word of God based on what you feel, think, and your own understanding is a perfect example of the sin of carnality (*Proverbs 3:5-6*). It is the root unbelief for a believer which leads to rebellion.

WITCHRAFT OF YOUR FLESH AGAINST OTHER PEOPLE

Then, some are those that are witchcraft of your flesh against other people. These often are the main source of a decision to practice witchcraft by witches. When we practice them in our heart as believers we might as well be witches. These are idolatry, rebellion, hatred, conflict, rivalries, anger, strife, tensions, disrespectful, envyings, murders, drunkenness, wild parties, and similar sins. The sin of idolatry is idolizing and worshipping anything and anyone other that God, dead or alive (*Exodus 20:3-10*), for instance exhorting leaders above God in church. Rebellion is as the sin of witchcraft in the bible (*1 Samuel 15:23*), for instance rebelling against leadership in the church. The sin of hatred, hating other church members. Participating and causing conflict in church. Taking sides in rivalries amongst church members. Anger against other believers. Sowing strife and causing tensions in church. Disrespectful towards leadership and other believers. Envying leadership positions in church. Murders can be actual murder but the common is gossiping about other believers. Wild parties by believers that imitate the world in the name of the church, encouraging acts like drunkenness and similar sins. The bible has feasts by God for His people for enjoy themselves, even with wine, but not with acts that make you lose control of your senses like drunkenness and overindulging or greed. In both the Old Testament and New Testament there is encouragement about healthy drinking of wine for enjoyment or as medicine (*Psalm 104:14-15, I Timothy 5:23*), but also a warning against being addicted to drinking (*Proverbs 20:1,1 Timothy 3:8*).

SEARCH YOUR HEART

Committing these sins will result in not inheriting the kingdom of God. That is not just about eternity, but also the kingdom of God that came to earth because of Jesus Christ’s death and resurrection, and all its benefits for a born-again believer. Life outside the kingdom of God is a vulnerable place for your heart to be constantly wounded. There is no protection the lord provides for you. Before you begin to deal with the devil you must search your heart for these sins and repent (*Psalm 139:23-24*), that is the only prayer. You cannot rebuke yourself; your flesh or your soul, because unlike the devil you cannot flee from yourself. *James 4:7* says it plainly, while you are commanded to rebuke or resist the devil, in the same breath you are commanded to submit yourself to God. How do you submit our flesh to the Lord? By crucifying your flesh with its passions and desires to the cross according to *Galatians 54:24*. By saying “no” to the flesh daily according to *Romans 8:13-14*. By denying yourself to fleshly pleasures and taking your cross daily following Christ according to *Luke 9:23-24*.

RENEWING YOUR MIND

But the only way to defeat the sins of the flesh is the Word of God. Studying and meditating in the Word of God will renew your mind and transform you (*Roman 12:2*). All of this relying on Holy Spirit and not your own strength. And with a repented heart that keeps searching for any sin in your heart. This is important because often we are not aware of some of these sins and think of them as normal. Now that you understand your heart in relation to your three-fold make-up you should begin to see the importance of guarding your heart. Understanding the sins of the flesh should begin to help you search for sins that are working against your ability to guard your heart. Remember, what your responsibility to guard the issues of life that flows through from your heart. Guard against sin that will defile your heart and what flows from it.

CHAPTER 5 – WOUNDING IN THE HEART OF A BORN-AGAIN BELIEVER

Now that you understand your spiritual nature as a three-fold man, we will look deeper into the evidence of what you can see in yourself that will tell you there is a wounding in your heart. Each part of the three-fold man is affected uniquely. Some will be your own wounding. But as each gets revealed always remember two very important realities. *Roman 8:1* tells you do not allow condemnation. The Lord is not interested in wounding you any further with condemnation, He desired for you to be totally free. The second and most important is you cannot heal yourself, only Jesus Christ is the Healer of all wounding. *Matthew 4:23-25* and many other stories in the Gospels talk about how compassionate Jesus was to heal everyone from everything they suffered from. That included you today. Even time cannot heal anything but just delays your healing.

LIVING IN THE BODY

The Greek word for the body is Soma, distinct from the mind or the soul. This is the physical part of you seen. It has flesh, and the ability to speak, act, function, feel through the nerves, and has a physical brain.

You already know about the importance of your 5 senses. These are God given senses and are a blessing, but through fleshly lusts and sinful desires they can result in allowing hurt that will wound our hearts. This may be willingly or not being aware. An example of not being aware is something that happened when you were too young to understand what was happening. When my daughter was a toddler, she had an experience that resulted in a fear for inserts, big or small. She was in her stroller and a swarm of moths flew onto her face. She is a teenager today; she is not afraid of snakes but is petrified of any insect. I remember the incident, but she does not. That fear is evidence of a wounded heart that will make it difficult to guard the heart. The spiritual gates through our flesh affect the condition of our soul.

The sense of sight is an eye gate. What do you allow yourself to watch that is not of God? I can be a type of entertainment like some movies that can bring emotions and mindsets contrary to the Spirit of God. It can be things you see and desire from and admire in other people, like wealth, fame, beauty, etc. *Matthew 5:28* talks about the result of looking at someone with lust. To you it might be just a thought, but to the Lord you have already committed adultery, whether you follow through or not. Because of the sin committed it gives Satan the right to start building a stronghold in that heart. Just imagine him comfortable in a sofa with a remote control, controlling that sin as he wills. Wounding your heart more. This is what makes sins like pornography addictive. Even sins of lust for material things, or wrong entertainment.

The sense of smell is a nose gate. Smell can trigger wrong emotions for different reasons. It can be the smell of food causing greed or lust for food. It can also be a smell of something that reminds you of an unpleasant situation causing fear, anger, and other types of wrong emotions. Perfume that reminds you of a broken relationship or even a loss. The first year of my university studies was very traumatic. It was during Apartheid year in South Africa. There were only three of us who were not white in my class, and I was the only black woman. We suffered political verbal abuse from some of the students and some lecturers. Because of the times we really could not do anything about the abuse but focus on our studies and hope to make it. In the following year I changed that university for another which was more accommodating. But I remember visiting the first university to fetch my results. When I got into the building there was a smell that triggered a fear I could not control. There was no threat, but I was afraid. That was because of the wounding in my heart I had to deal with. Through my studies I never noticed the smell and how it affected me until that day a year later. Glory to God, He helped me to heal.

The sense of hearing is an ear gate. What you hear can trigger wrong emotions as well. The sound of a car during a traumatic accident. When you hear a car making that sound, even when there is no accident, your heart is traumatized. The sound of a person raising their voice can trigger wrong emotions because of growing up in an abusive household, or experienced and abusive relationship where there was verbal abuse of that kind. A sound that is similar to a gun short whether you experienced being short at or, threatened with a gun. It can even be how another person speaks. In South Africa during Apartheid there is a language that was made compulsory. It was a language of those in power. The majority of those who were oppressed hated the language, even after Apartheid was abolished. Some verbally and violently express displeasure when a person of that language speaks to them in that language. But not everyone who speaks that language was an oppressor. It is just their mother tongue. I experienced the same thing when I travel overseas, especially in Europe. When I spoke English in some countries a few people would take offense. I one country I had get away from that person because of their anger. These are the countries that historically had some kind of offense with the English people. But what it really comes down to is it is the manifesting of a wounding in the heart. God wants to heal that heart.

The sense of taste is a mouth gate. Food is a blessing from God. But it is no longer a blessing when eating is more than natural hunger and is because of lust for food. Lust for food sometimes is to feed a broken emotional need or satisfy wrong emotions. This is also the case for fear of eating food. This does not necessarily have to do with gaining or losing weight. For some people weight issues are medical problems that have to do with hormone imbalance or their metabolism. For some people is just how God created them, whether big or small, just like height. Unnatural lust or fear for food is different. The extreme evidence of it is disorders like anorexia, bulimia and binge-eating. Whether extreme or not, it can include eating to feel better about something, to feed some emotion, to fix some emotion, etc. In *1 Corinthians 11:17-34* Apostle Paul rebukes the church for what they did during the Communion. They turned into a church activity where the wealthy Christians ate and drank too much, while the poorer Christians were left hungry and humiliated. The mouth gate can cause offence in church to both people and Holy Spirit.

The touch gate is a feel gate. This is not emotional feel but feeling from touch in your flesh. Experiencing physical abuse will result negative emotions that wound your heart. The physical scars and pain might be gone, but the heart is wounded and need healing. Physical abuse can include sexual abuse of all forms. Even though the incident had long passed, the wounding in the heart still needs healing. The evidence of that heart wounding is in relationship. There is brokenness, even if the person who inflicted the abuse is changed or it’s a different person. Other physical feelings can be additions. The feeling of cutting yourself for emotional release. The feeling of something against your skin, be it material, or human touch. All are a manifestation of some wounding in the heart.

The wounding in the heart manifests in different way in your body. It can be sickness and some diseases, experiencing weakness and pain. Not all of these manifestations are from a wounded heart, but some are, especially if all medical cures are not really working. What you see, or smell, or hear, or taste, or touch can cause emotional issues that show in your body in the form of being ill, or with eating disorders, or addictions. All of this makes you to be weak and in pain. That if over and above the emotion manifestation we will look at further in the chapter. When your body manifests this evidence, you need to ask the Lord to show you if there is a wounding in your heart.

CHRIST BECAME FLESH

Jesus Christ understands our flesh. He became flesh to help us overcome our flesh. In *Hebrews 4:14-16* reminds that Jesus is our great High Priest who understands our weakness. While on earth he was tempted in every way we are tempted but did not sin. Through the cross he defeated the power of sin over our lives. Which means because of the cross it is possible for us to be tempted and not sin. But before we get there, we need to make sure we are healed, and the devil has no rights in our hearts.

BODY WITH A SOUL

The Greek word for a human soul is Psyche. It is the mind (not the physical brain) or deepest thoughts, the emotional feelings or beliefs of a person, both conscience and conscience.

Your soul is responds to whichever is dominant between your flesh and spirit man. We will talk about the spirit man further in the chapter. That influences your personality; your mind which is the thinking part, and your emotions which is the feeling part. It can either be a slave to sin because of the flesh, or free in Christ because of Holy Spirit through your spirit.

How does your soul respond to what is from the flesh? Your mind responds to what comes through the gates of the flesh first with thoughts and emotions. Thoughts can be imagination, fantasy, paranoia, obsessive thoughts, psychosis, memory, conscience, reasoning, affection, etc. That true for everyone of the 5 senses of the flesh. Your conscience mind will be thinking and reasoning, while your subconscious mind forms a belief system about that sense, develop an attitude towards it, create feelings about it and store memories about it. For instance, when my daughter saw the sward of moths coming toward her and fluttering and touching her face, her thinking and reasoning as a baby might have been this is danger. That might have created a belief system in her mind about every insect. When she sees any insect or touched it, her imagination, memory, attitude kicks in without automatically.

Your mind affect your emotions. My daughter’s response is fear. She will not touch it even when it is dead. You might have emotions of inferiority and superiority. Superiority is often because you are trying to protect yourself from the danger of being inferior. Other emotions can be insecurities. If can be feel emotionally unsafe in a relationship as well as being physically unsafe. Another emotion can be guilt, whether real or imaginary. That is where you have to remember Roman 8:1 and not allow condemnation. Other emotions can be worried and doubt. It is not possible to have faith when you are worried about anything. Other emotions that you can act on and can hurt other people are frustration and hostility. There are also emotions that can lead you to hurting yourself that are depression and anxiety.

What is explained about the soul is what we sense with our emotions and see with our natural eyes. It is a manifestation of a wounding in the heart. A soul is where your personality in expressed. Which makes it easy to have belief that some behavior, or attitudes, and your expression of other emotions is who you really are. You can believe you just have a short temper, or you are a shy person, or you worry too much about everything, or you confuse confidence with superiority, etc. if what ever you believe you are does not line up with the Word of God that is not the personality God created for you to be. You need to heal.

There is also a spiritual part you must be aware of about your soul that is responding to the sins of your flesh. The soul is the part od the three-fold man the devil can possess. He will torment the body with sickness, but given a chance, he will build a stronghold in your soul and keep wounding your heart. The devil cannot posses your spirit, that belongs to God and it simply dead, empty without Him. *1 Corinthians 2:14* speaks about a carnal man or natural or unbelieving man. That is your soul part that becomes carnal because of the sins of the flesh. The scripture says the carnal man rejects the things of God. This is when you doubt what the Word of God, as a born-again Christian you chose what to believe and not to believe and reason why. The scripture also says a carnal man becomes spiritually blind and does not understand the things of God. This makes it impossible to guard your heart or understand what that means.

GOD’S SOUL

When we read scripture about God’s soul, we must be careful not to compare His soul with a human soul. God is Spirit, He is not human. Nevertheless, God as Spirit does have His personality we read about in the Word of God. The Word of God has scriptures where God mentions His soul in response to our actions, good or bad. These scriptures help us to understand that God does care about the condition of our souls. He has emotions towards our decisions. He gave us a will to choose, and what we chose does affect how he feels and there are consequences. This is important to know because we can either believe that struggle are a personal matter and allow the devil to have open season in our lives, or we can hide with secret sins and think there are no consequences or keep sinning because of distorted beliefs of God’s grace.

In *Leviticus 26:9-12* in promising His blessings for His people’s obedience God tells them that His soul will not reject them or separate itself from them. He promises that He will have a personal and close relationship with them. In *Leviticus 26:27-30* promises His people that if they choose not to obey many curses will follow them, and His soul will detest them with deep and unutterable loathing. Those are deep emotions. In *Matthew 12:18* God introduces Jesus and His ministry to the nations and says His soul delights in Jesus. In *Hebrew 10:38* God warns that His soul does not delight on the one who has no faith and is afraid.

THE MIND OF CHRIST

When Jesus was on earth, He was 100% man and 100% God. He had a soul like you and me. He was tempted like all of us. But he had no sin in Him and defeated sin on the Cross. Because of the what he did on the Cross we also can have a mind of Christ. That means when you heart is healed you must work of having the mind of Christ as modelled by Christ and taught in the Word of God. In *Roman 12:2* tells us that the Word of God transforms us by renewing our minds back to the will of God. Read and meditate on the Word of God. *1 Corinthians 2:16* tells that that if we have the mind of Christ, we will no longer be spiritually blind. Our souls will not reject the Word of God. We will have faith and understanding of the God’s ways.

THE SPIRIT MAN

The Greek word for a spirit man is Pneuma. It is a word for breath, and in a biblical context a word for spirit. It is the same word for the breath of Spirit of God that was hovering over the lifeless void in *Genesis 1:1-2*. God formed heaven and earth from nothing by His Spirit, holy Spirit. Calling the Spirit of God the breath does not mean He is lifeless air or vapor or smoke. He is God; who is three in one, Father, Son (Jesus) and Holy Spirit; with His own personality. In *John 14:26* Holy Spirit is called the Helper who will teach and remind us the Word of God. In the book of Acts we read about Holy Spirit giving specific instructions to the Apostles as He was commissioning them. According to *Ephesians 4:30* Holy Spirit can also be grieved; he has emotions too.

This is important to know when it comes to your spirit man. The spirit of a human. That is the real you. The soul is what you have. The body is your suit on earth. Your spirit was created for God to dwell in as Holy Spirit. It is God’s tabernacle He created for Himself. When you get born-again God comes to live in your spirit and your spirit becomes alive. You have spiritual insight, meaning, purpose, love of God, salvation, assurance, security, acceptance, total commitment. Without God your spirit is dead. When you live a life of submission to Holy Spirit, that is living by the spirit, and crucifying your flesh daily on the cross, your soul prospers daily. This is the opposite of New Age religion. The flesh is made to dominate, and the spirit referred to is not the spirit man, but the carnal man which is the spiritual part of your soul. The devil cannot dwell in your spirit. But He can stop the flow from Holy Spirit to the soul and body. And he make you offend Holy Spirit and bring emptiness, despair and brokenness in your spirit.

HOLY SPIRIT FLOW THROUGH THE HEART

Your spirit man was created to fellowship with Holy Spirit. Through Holy Spirit, flowing through your heart, is faith, hope, reverence, prayer and worship. Your spirit man was also created to receive from Holy Spirit to be able to minister God’s ways to the world. Ministering through gifts, talents, and any opportunity God avails us. *Isaiah 11:1-2* reveals the seven-fold make up of Holy Spirit available for you to minister into the world. This are often called the seven Spirits of God, but they are all Holy Spirit. The candle with the seven lamps God instructed Moses to make for the Tabernacle in the Wilderness was a picture of Holy Spirit.

The world has counterfeit of the seven spirits of God. Some sound and look good, but only the Spirit of God gives life and heals. There is the Spirit of the Lord. When you got born-again you received Him into your spirit man. In the minora you will see this candle it at the center and the other candles are built from it. There is the Spirit of Knowledge. There is knowledge from God that the world needs. Your gift as a teacher, a preacher, etc. needs Holy Spirit. There is the Spirit of Counsel. Whether is counsel you need for yourself or for others, on a personal bases or ministry or even professionally, you need Holy Spirit. There is the Spirit of Wisdom. When God asked king Solomon what he wanted he please God by asking for wisdom to lead God’s people. The wisdom God gave Solomon was from Holy Spirit. The bible says no man since and before possessed such wisdom as Solomon has. There is the Spirit of understanding. Humans can try to make sense of things, but life is full of confusion. Only the Spirit of God provides the answer to understand when we seek God. There is the Spirit of Power. The power of God was seen when Jesus healed and delivered many from Satan’s bondages. The book of Acts is also full of testimonies of manifestation of the power of God. Minsters today who minister healing and deliverance draw from Holy Spirit. There is the Spirit of the fear of God. Only the presence of Holy Spirit brings the fear of God. Without the fear of God, it is easy to fall into sin. A minister tells a story of visiting a minister who fell from glory and was in jail. This minster in jail was a world-famous preacher with a big church. The visiting minster wanted to ask him one question and said, “When do you stop loving Jesus?” The minister in jail replied “I never stopped loving Jesus. I stopped fearing God, and that is where most of the believers are today.”

When your heart is wounded what flows through your heart is the opposite of Holy Spirit and often wounding those you are ministering to. See it as ‘bleeding’ on others. That is the devil’s strategy for wounding your heart. The evidence of a wounded heart experienced in the spirit man is emptiness, hopelessness, futility, lostness, loneliness, etc. Holy Spirit cannot flow. That is why it is important to heal.

THE HEART

Your heart is a connection, the gate between your spirit man and your soul. In your heart you have a God given will to choose to obey God or not. According to John 5:30 you have a choice whether to follow your will or God’s will. Temptation through your flesh and soul will come. But you have a God given responsibility to guard what flows through your heart (Proverbs 4:23). God will never give you a responsibility without providing you with the ability. Your job is finding what God provided. In this book we will find out what God has provided for us to be able to guard our heart. *2 Peter 3:17* warns us to be on guard and not fall, especially after we know the truth. *James 1:12* encourage us to overcome promising a crown of life from the Lord for persevering.

CHAPTER 6 – TEMPTATION AND YOUR HEART

The devil tempt us to sin. The sin that lead to us not being able to guard our hearts. The evil is a strategist. As humans we do not have the power to outsmart him on our own. He is older that us and has been here a long time, which means he has time and experience on his side. But the devil is no match to Jesus Christ in us. We just need to know how fight against temptation. We need to understand Satan’s strategy and expose him.

Satan has the same strategy for every temptation. The Lord revealed this to me through a strategy of a salesman who was selling kitchenware. I was a bit agitated with this man because I was not interested in what he was selling. It was my first week at a new job trying to figure out how things worked and this was an irritation, but I did not want my new colleagues to have a wrong impression about my character. In my heart I was franticly praying for the Lord to help me calm down. The salesman showed me the pictures and said, “Do you see how beautiful they are?” Holy Spirit said, “He is appealing to the lust of the eyes.” That got my attention. Next the salesman said, “How would you feel when you have these plates?” They were beautiful and came in all shapes. Holy Spirit said, “He is appealing to the lust of the flesh.” Now I had the Lord full attention. The salesman continued and said, “How would you feel when people visit you and you use these plates to serve them?” Holy Spirit said to me “He is appealing to the pride of life.” The salesman must have seen my marveling expression and thought I am hooked because he went on to ask my financial situation so that he can work out a payment plan. Off course I was not interest. A few year later the Lord taught me what I am about to teach you in this chapter.

Satan’s strategy for every temptation is trough the lust of the eyes, the lust of the flesh and the pride of life. It is important to know how Satan’s temptation works in your three-fold man. Satan used the same strategy with Adam and Eve. He also used the same strategy with Jesus Christ in the last day of His forty day fast.

**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*

*Psalm of David.144:1-2(AMP)*

*Genesis 1:26-27 AMP*

*2 Corinthians 3:18 AMP*

*Psalm 1:2-3 AMP*

*Joshua 1:8 AMP*

*1 Corinthians 2:10-16*

*Ephesians 4:13 AMP*

*1 Timothy 1:1 AMP*

*Genesis 3:16 AMP*

*Genesis 1:27 AMP*

*Leviticus 18:22-24 AMP*

*Leviticus 20:13 AMP*

*Deuteronomy 23:18 AMP*

*1 Kings 15:12 AMP*

*Jude 1:7 AMP*

*Romans 1:26-28 AMP*

*1 Corinthians 6:9-11 AMP*

*1 Timothy 1:8-11 AMP*

*Genesis 1:28 AMP*

*Matthew 28:18-20 AMP*

*1 Corinthians 15:45-58 AMP*

*Deuteronomy 28:1-14 AMP*

*Matthew 22:1-14 AMP*

*Revelations 19:6-9 AMP*

*Proverbs 18:21 AMP*

*CHAPTER 4*

*1 Thessalonians 2:23*

*Hebrew 4:12*

*Galatian 5:17*

*Galatians 5:16*

*Romans 10:9-11*

*1 Corinthians 13:13*

*Ephesians 1:13*

*Galatians 5:22-23*

*1 Corinthians 2:16*

 *Luke 6:12-16*

*Luke 10:1:23*

*Galatians 5:19-21*

*Exodus 20:14*

*James 4:4-6*

*Hebrew 13:4*

*1 Corinthians 6:18*

*Ephesians 4:19*

*Ephesians 5:3*

*Romans 8:6-8*

*Proverbs 3:5-6*

*Exodus 20:3-10*

*1 Samuel 15:23*

*Psalm 104:14-15,*

*I Timothy 5:23*

*Proverbs 20:1,*

*1 Timothy 3:8*

*Psalm 139:23-24*

*James 4:7*

*Galatians 54:24*

*Romans 8:13-14*

*Luke 9:23-24*

*Roman 12:2*

*CHAPTER 5*

*Roman 8:1*

*Matthew 4:23-25*

*Matthew 5:28*

*1 Corinthians 11:17-34*

*Hebrews 4:14-16*

*1 Corinthians 2:14*

*Leviticus 26:9-12*

*Leviticus 26:27-30*

*Matthew 12:18*

*Hebrew 10:38*

*Roman 12:2*

*1 Corinthians 2:16*

*Genesis 1:1-2*

*John 14:26*

*Ephesians 4:30*

*Isaiah 11:1-2*

*2 Peter 3:17*

*James 1:12*

REFERENCES/ BIBLIOGRAPHY

 Chapter 2

Steven Lawson, Reformation and the Men Behind It, 22 October 2021, <https://www.ligonier.org/learn/topics/reformation>

APPENDIX ONE – THE THREE-PART HUMAN

a) Not Born Again

b) Born Again – Healed Heart

c) Born Again – Wounded Heart

a) Not Born Again



b) Born Again – Healed Heart



c) Born Again – Wounded Heart

