

Welcome everyone to this episode of transform you. My name is Mark DeSouza. I'm here with my lovely cohosts my son. Yes. It's good to have you guys here this week. We're looking forward to our discussion today. We've been talking a lot about the heart and the life of the heart and there's an opening question in this series. That is how your heart and where does that go in your mind where do you kind of take that discussion. Because what we want to do is we want to lead you to being equipped and having a wake and a live heart a heart fully alive. And I would say if we look at society we're not seeing that result and we talked a little bit about that last week what it is where I'd like to go today is to talk about a war.

Yeah. And that's a big part of the subject as you give a big name. That's.

Really probably the biggest area of our hearts is to help people be equipped in understanding the war the battle that they face over their hearts. When you wake up in the morning when you're going through the day when you're watching other people when you're. When you're watching the news. There's a war going on. But it's not a visible war. It's not a war that you can necessarily see in the sense of. We see the physical manifestations of the war right. But there's an invisible battle going on that we need to be more aware of. And I don't think Christianity is aware of the assault and the attack. And the war that's going on over their hearts over their circumstances. So as you look at your life you look at society. Where do you see The Invisible War manifesting. Where do you see it taking place the most.

My goodness. Well I think if I could even going into as we're walking through the description of what we're doing today one of the big things that was huge for me in my journey and understanding the War of the heart heart stuff relationship connection everything was giving and understanding in language to it because there was I feel like that when we are talking the war over the heart people wake up every day and we have this just.

Don't really feel like doing that today. Why do I feel this why do I feel like I don't want to go there. Well when we have this same general kind of sense going on in our center around us that we can't really put our finger on it. Why am I feeling like that.

It's very nebulous too. So like even when Christians talk about like spiritual warfare it's like it's either like in this lofty kind of you know concept and it's a lot of it's like just kind of swinging in the air we don't really have a precision to it.

Now we know what's going on but we don't know how to describe it. When you say to somebody well how are you feeling.

Right. I get that a lot. You know I know I'm good. And I don't really know how to even how my feeling my feeling. So I think that when as we're stepping into this conversation you know this week how do we help people give an understanding of this as what's going on in me.

This is what's going on in my heart. What is going on in and around me. And I think that there if I was to off the jump say there is a resistance when you wake up in the morning there's a resistance to everything going on in your day. Well I don't really want to do that or refill this like I have to. I'm trying to get up. I'm trying to engage this. I don't really feel like I want to and I don't know why it's like this just thing this wall they keep.

You look at the Bible with spiritual eyes you'll see that the Apostles the church you'll see they're constantly talking about the elements that are involved in this wrestling match.

I think the thing that Christianity has sometimes lost or we don't have a precision to it is that when you are born again you were born into a war we we forget or we're just not taught we're like receive Christ and just kind of everything gets better.

And it's like a pillow.

And it's like it's like actually you have a target on your right. You say it himself is called the accuser of the brethren. You and I. That's his target is you know he's got a system of the world. But once we're brought into the kingdom we're handed a sword we're handed a shields. What does it look like are you walking around with a sword and shield. Really it comes down to thoughts. The battle over your heart is over what thoughts systems are going to have inroads into your thinking belief systems perspectives. What's going to take your attention. Are you going to go better in that area are you going to listen to what fear says Will you listen to low self-esteem or will you listen to doubt and unbelief.

You know all these ways of thinking that the Bible says go against the knowledge of God that we're wrestling and fighting with. So yeah. So you know what you said where people go now. That is a manifestation of the war. No I'm out on a trip. You know what's happening but what's a big complaint Christians have. I'm too tired and worn out. I think there's tons of signs of the war that's going on. This invisible war we see the rise of mental illness we see the rise of depression we see suicidal rates increasing. We see where people have these battles you try to reason with them you try to you try to help walk them through and it's still there it's still battling why because it's had inroads into thinking in the heart. We're seeing masses of people just numbing out to their pain for not dealing with pain very passive kind of approaches where it's just like just getting through life. What else would you say are areas where you feel like you see the war.

I think that for me. And I think people can relate to this like you're. I'm on the road running errands like I'm things. People are so angry right I mean turning the corner if someone doesn't go quick enough you're in the store and you're putting your stuff on the conveyor belt and people are right up on you. Hurry here.

Everybody is angry. Everybody's in a rush. Everybody's like got this pent up thing. No one's really giving a like Hey how are you today walking the grocery store. There's this. I think this this tense thing that I see everybody walking around.

I had it this week.

I was out of line. And I did not. I did not make the turn when it turned green. Within seconds of it right behind me my. You know next thing you know I'm in an argument with a guy it's like it's like the hostility you see on line how people interact with each other right.

Ever talk this way.

Well I think that being that is scary to me that would right that leads even into the mental illnesses with that thing the guy haunted you then you didn't even know why he was honking any follow you. He

followed you to where you went to the store which is getting scary. People do not even know how to regulate themselves. Like what made this guy who is behind you get irritated and follow you you know. So I think that right there the awareness we're all we all have this height and we're going on when we're interacting with people nowadays.

All right. And it really.

And even the fear is a sign of the Invisible War Iraq because you know God says I've not given you the spirit of fear. We see that there is a spiritual nature and how fear is looking for agreement. And so we have to remember and I think the apostles were so aware of this they didn't just kind of take life as just circumstantial. They knew there was significance in the resistance they felt they knew there was like come on Ephesians. You don't wrestle against flesh and blood your battle is not with another human being even though you think it is right. The war is within in how you're thinking and what you're processing and what you're coming into agreement with. So people talk about you know spiritual war. I think it goes into a lot of these threads that get people off target. Really it's coming down to what is the predominant belief system that we're coming into agreement with with how we see God with how we see ourselves What's the narrative.

We believe over other people over there situations that doesn't produce fruitfulness and so therefore we find ourselves having places where the enemy stealing is killing or is just flat out destroying and Jesus is going to bring life. But we have to recognize that life is resisted in the world that we live in and we have to recognize that there is an invisible battle going on. And the biggest thing is watching over what is our heart coming into agreement with what's our heart inclining to to pay attention that when you get hurt and you go I'll never let anybody in again. Oh when you look and go How dare they are never speaking to them again. Are those people in the judgments in the crypt beware of what is a value system that has hooks in. I mean it's OK to go. I'm frustrated right now and I'm angry. You put it on the table. You process it but moving forward. What's my agreement's going to be. Right and that I don't feel like people are understanding.

No I don't think we've understood. You know things that happen to us as children when we weren't aware of them as kids we weren't sitting there at 6 years old going OK I just watched my mom and dad fight each other. My heart is broken. We're not aware of that. So now we're growing up and we're having all these shells and all these things over our hearts and now we're grown adults and we're trying to engage in relationships and we're all floundering around going What's wrong with me. That's right. What's wrong with me. I'm either am getting angry or I'm getting up so numbed out to the world I don't want to deal with it. I'm struggling and connecting to people or I have a ton of friends around me and we don't even really have real friendships. You know everybody has their own true kind of juggernaut of what's going on in our lives that super dysfunctional and we have to like put the pause button here and say we have to really start going. I got to make a major investment of what's happening in my heart in the life of my heart and the life of my family and relationships say this has to change. If I don't change no one else around me is going to get affected.

If you think back to maybe how you were brought up in any faith kind of training or those you watch you listen with you brought up in the church or not. It's like were we taught like were thoughts come from. We're not that like hey not every thought that comes on the pathways your on for. Were we taught hey let's let's let's look for like what agreements we're making. That could be enemy territory. Were we taught how to like repent. Which means a turning from one way of thinking into another.

I know I wasn't I wasn't I wasn't taught it or were we taught how to like stand firm and resist what it really means that when you're having that horrible day to stand for people go I'm just standing standing on what you know what are you resisting and what are you standing. And here's the big one that we're still not being taught is how much brokenness has an effect on enemy access and where we've not been trained in love creates wide open doors.

For the thief to come in because he knows if you're loved you're bathed in connection. And he knows that if you feel separated from love in any way he's got you. Yeah. And that's her that's oxygen. Love is the oxygen to the heart to the emotional and spiritual heart. It's being bathed in that love and that God has loving yourself and loving others in that flow. And he knows if I can clog that flow in any way I've now limited the potential in your life.

You know in a while while you're talking actually I want to just give a pause. And if that just struck someone who is listening or watching wow I really want to understand that are more. I want to just let everybody know about the book that you did because I think that if we can start getting this resource into people's hands this amazing resource that I feel like above. If you have just been introduced to us or you've been going through Mark's materials watching our show you need to get this book. This to me is the foundation of everything that God loves me and I love myself. If we do not have this foundation laid properly we are in trouble when it comes to literally everything else and we need to to revisit this. We need this foundation relaid in our lives sometimes none of us had any of it late at all so we're just you know we're to shooting from the hip when it comes to even interacting at all and then we're getting into marriages and relationships and going I don't understand why this isn't working. That's right. You never understood this. So I just wanted to you just lay that out so beautifully about understanding God's love and loving yourself. I wanted to just to put a bug in your ear about grabbing this book and getting this in your hand why I think it's so important and and the subtitle.

So that brings out where the book's leading is overcoming the resistance because the moment you start to say I want to learn to receive God's love more because that's that's critical and learning to love myself the way he loves me. You take your first step. You're right up against resistance pushes you back slams you back. You have all kinds of I you don't love yourself. You're disgusting or whatever or if you love yourself that's arrogant or whatever. All those kind of things that that begin to kick up that shows you're on to something you've just put your finger on the war because you're revealing the enemy's voice that has held us captive in not flowing in the freedom of what it means to live fully alive from the heart loved and fully loved. I'm aware of my life and I'm free to make decisions and choices. That's the stuff that the the war is over.

I love that. That's good. All right. So tagging off of that as we're talking about this episode and walking through a lot of these themes we feel like there are about seven major themes that are over the war of our hearts and I think it help everyone today if we can just walk through those. Give people something to grab onto so that they're not just willy nilly kind of walking through life with this ambiguity of what's going on with me what's wrong with me. Let's give people some stuff they can grab onto and start working.

Absolutely. The first one is probably the most important is that. The enemy loves to capture the affection and desires of your heart. In and in the Bible the term that's used a lot here is lust is a is a pulling a drawing into counterfeit areas. It's a desire gone awry. It is a place where we are pulled into things that we shouldn't be or we are pulled into addictive ways that that that pull us out of God being the source. So for example it can pull us into sexual desire that we shouldn't outside your marriage or in

pornography or whatever it could pull you into the lust of money and possessions in dishonest ways. Or it could pull you into a desire to make money in good ways. But it becomes idolatrous it becomes this poll. So where he wants to capture is your affection and that's if you watch the news or TV media advertisements you'll see the bombardment of affection the bombardment of desire to pool your desire so that you. I mean here's a critical area of Satan's is just get Christian Psagot. I just want a nice life make nice money have good stuff go on vacation have retirement be successful. Right. And at the surface it sounds fine but the affection and Luer of it into becoming a primary desire and a sense of like that will give me status. And so the answer to last really because we're wasting so much time trying to reel in our loves without filling with the love of God because lust is a counterfeit to God's satisfying love love satisfies lust is never satisfied. That's why we live in addictive culture addictions of any kind are our desire gone off track. We're we're we're following these different pathways. And so then we're sucked into stuff that it doesn't appear to be like wrong but it's pulling us. So then we have no life to give in a relationship to God or to our wives or to our children. We're sucked into the vortex of all these other areas. I think not first and foremost the enemy is like if I can't keep you out of stepping into the kingdom I'm going to suck. Desire so that you'll follow the desires I keep inputting into your life and I'm going to use your unholy brokenness to do that. Yeah whatever brokenness is not addressed in our life. He uses that and unfortunately he'll wait as long as he needs to wait for the right time to produce the biggest amount of destruction.

Yeah. And you know the whole time you were just talking I'm thinking wow that that description of I feel like what a lot of people kind of lay out in their minds of I just want this nice life really it's to avoid anything that we feel like we can't deal with. And I think because we've been so ill equipped.

That's right. The thought of any thing any trial anything bad and the thing really is like this a tsunami coming out chills. So let's call this yes let's do that.

I think I think the second big one over the war our the first one being capturing the affection and desires of our second skipping the pace of life. Let's get this thing notched up fast quick go busy busy Phil I think the the word here is buzz. Yes. Get you into the buzz of that fix that we get into of the the groove of a fast hectic crazy busy life.

Well it's the avoiding I think I can relate to that just as a mom. You know in this whole realm of what does it look like to love myself better heal the areas of my life and angry and stop and pause and say OK what what's what's happening in my heart right now. You know I'm sitting sitting down and saying OK this needs to be done like keeping myself go. I've noticed I have this problem. I have to constantly like interrupt that thing get up and do the dishes meanwhile like hours have gone by I've done a million things. My back hurts. Right. You know I haven't spent the time I want to spend with the kids are you. But yet stuff is done and like the pace and the buzz has just kind of it lulls you can too. Well at least I got stuff done.

That's right performance and achievement. And all these things that we see and what we're seeing is great business people are fantastic performers athletes you know whatever stage presence people with very shallow lives because they're in the buzz and it produces results. That's right. Right. Right. That's the problem is that it produces like hey look at this look at these kind of things. But then when you burn it all down you're like is that results. Is that real. So I think yeah get you in a pace of life. And for people that struggle with like for instance chronic anxiety one of the mistakes they'll make is they will get up into and match the buzz of anxiety with constant busyness. I think a lot of people are in a buzz because they actually have a lot of fight or flight going on. They've a lot of stress they have a lot of anxiousness

that they're battling so they just match it every day. I'm not going to stop and deal with this. I'm going to just get in the buzz. At the end of the day feel accomplished but I'm still not landing in peace. That's a very critical aspect of the war.

Well if you have to say and start going OK what's going on ethanol and to speak back to my first point. Not a lot of us have the tools and understanding Bengough you know what. Right.

I think like my heart is broken because I think it's pretty sure most of us don't know how to think and say you know I think that it finally caught up to me that like I've never been in a good relationship my whole life.

And you know we don't sit there and think about that that was finally taken a toll on you which is which leads us to the third tactic which is to cultivate an unhealthy response to pain. And you have two spectrums on that you have the denial aspect which is like there's no problem nothing there don't need to deal with that. There's nothing there I'm fine. And then there's the other end of the spectrum which is Vek in self pity woe is me. All these problems I have. But there's unproductive discussion doesn't go anywhere it's just just you just get stuck in prison. Both are very dangerous. Both are very unhealthy for the life of an empowered heart. There's those two that in this and even in the denial category and even across the spectrum I think we're tugging at it there's a lot of people that don't see any need to deal with their brokenness to deal with healing of areas of the heart dealing with areas of the past that keep following them. You know one of you mentioned one of your annoying statements if people would say one of mine was oh the past is the past. I'm like what does. What does that even mean. The past is the past. The president is the president. The future is the future. This club is behind us. But it's like I understand again. I understand the intent. We're trying to say learn to put things behind you. And that's important. But the past is not the past. If it is fine on your tail if it's following you when your present. Right. Following you and your present and being repeated. And so I think that most people are repeating their past they're repeating their generational past they're repeating their personal history and there's themes that keep happening over and over again and sometimes healthy heart living can start with going. What are the disempowering themes that keep following me in my life. God what do you say to these things. Is there an area I need you to heal. I need to allow you to mend. Is there something I need to grieve is that need to process through. Because no matter what happens a stuff follows you stays with you. And you can use any kind of like Christian saying you want which you've got to deal with those things and I think anything anything that causes us to not deal with our issues I think is a form of Christian denial.

So like if we're just kind of using scriptures to Kuok over stuff or whatever it's not causing us to be honest in the light before God. And again it's not condemnation not guilt. None of that shame stuff but it's honesty of like no I've. I've got stuff I think would be so relieving to congregations if pastors were more forthright about the importance of this. If leaders were more forthright we value it. Let's work through this stuff because otherwise the end result is we accept shallow living. And I would say the majority of all the people that I work with in consultations this is what they're saying to me at the end of the sessions. I don't have anybody to connect with. I don't have people. I have so many people that all they want to do is talk about you know how the rims on their their their new car are stained or how annoying it is that their vacation got moved a day like you know. And there's no death of House of life of the heart. What's God doing what what he's saying. And all times you ask people and they don't know what to say.

Well that's the thing it goes back to the beginning point of we have not been trained we don't even know the language to use so you know it's like when you ask somebody how's your heart.

That's why we make that a high value in our house with our kids at every stage.

They've been at Now Abbe Lowell Abby every day some mean how do you think the day when. How do you feel about the day. Sometimes you're like oh I'm so excited that she is forming where her heart knows how to speak write that she knows how to access that language. So it's going to have a she she will draw I believe fruitful relationships to her.

Yet it teaches her to slow down stop and reflect in a healthy way. It's not like you know super introspective it's just more like hey how's this day. Yeah. Gratitude Thanksgiving and then healthy evaluation of what you know what do we do address what to eat. She even said to me the other day and some of that I can't take credit for because God's like. Thing for them. But she said to me the other day she was talking about something about family or things like that she was whimpering about that. Oh right. And I was like That's so hard because now we're Endi just about you.

She asked you something about you and just do it and you want to pray about.

Yeah course I will. It's amazing. Yes. Right. So I guess it's not dealing with our brokenness is in a healthy way is important.

Yes I would say one of the next things that I think we've pumped into a lot and you do in the in the church world is people are very full of bible knowledge or psychological knowledge.

But there's no heart to connect. Right.

So they know a whole bunch of stuff they can whip scripture out and they can tell you everything they've learned in magazines and in books and you know I love intelligent people and it's fascinating to talk to them.

But then when you're like try to get over the hump to the next level of relationship.

That's what do you what do you think is the difference. What's the difference between just knowledge. And heart. Realm of understanding where do you find to be the biggest factor that differentiates it.

I think that when I find people like that there's a self-protection in place.

Oh you mean very highly knowledge that there is a guard there is a guard. So there's no vulnerability there.

It's like what I know now you are led in youth and it's kind of that people have said a lot about like actors and actresses like they can you feel like you're engaging them. They are great conversationalists but then you walk away and you're like I feel empty why do I feel empty. Oh that's right. I didn't really get to have a relationship with him at member station but we didn't really connect. Yeah I think that's that's a big thing happening in our culture right now.

I think the difference I see is that learning just information and learning in the heart has a different rhythm. I can go to a class learn seven facts I can listen as podcasts learn seven things walk away and nothing's change. There's a different rhythm of learning in the heart. I pause. I consider I write I reflect I take time I marinate and this is the big one I experience until information becomes experience. We don't own it. That's why a lot of kids in school don't remember anything they learn because it is meaningless to them. Whereas now if I was to sit in my history class from high school I would be taking the best notes ever.

I'm fascinated by nostri but when I was a kid I could care less because I was thinking about how the girl across the room. She thought about me and the next basketball practice right.

So it's all about experiencing it and life and letting it marinate through but because we're so busy so we're head smart but heart dumb and that's the thing that I think that needs to be changed because what we're doing is we're we're so informatively Smart we've watched 12 YouTube videos and we we know this and that because we went through a course. But isn't it our hearts. Are we manifesting the life of it. So I think it goes back to number two slowing down the pace of life goes back to 3. Got to deal with our brokenness. And even number one of what's captured my heart because what people say I can't connect to God. Well there's probably something in the way that's captured that that you look to for life and you look to that area when you wake up in the morning you look to that to give you life to give you the feedback is coffee OK.

Let's get it. Except for coffee coffee is always fine. I joke but I don't joke. Right. And I talk about the next one. I think his sixes is critical because you and I have talked about this constantly because I feel like of the seven I have to be aware of. Number six the most yeah. And that is the enemy's assignment to wear you out.

I could slither off this chill right now and just take a nap go into a coma. Right. I've taught this for years but when I saw.

In the book of Daniel I forget which chapter but where the it talks about how the work of the enemy was intended to. I think the words sometimes were worded persecute but it can be translated to wear out the Saints. And it's very telling that many times the enemy's work is just Chinese water torture. It's a drip drip drip drip drip drip drip drip over and over and over and over and over and over and over again. So that you get conditioned. And worn out into a hopeless posture.

And I think that we've had to work really hard at that because we have because we have I don't think you can really be effective in this generation. If you don't learn how to deal with disappointment if you don't learn how to deal with like where you thought life would go. And we've had many trails of that where we thought that path would go right and the thoughts that come God not in this he's not here he left you hanging be angry at him give up those kind of things. And it's been this awareness that no I will not let that thought become my value system. I hear it I feel it in my members. I'm not giving in agreement otherwise it's just the lethargy the hopelessness the weariness. So many people I think are dealing with depression because hope has been deferred in their life.

Absolutely. And there's an unaddressed sadness of pain that goes back to the previous ones they've never dealt with the brokenness never gone through. So the enemy goes just is. Just get back to work. Make that next sale you'll feel better or just check out and just watch Netflix. Nobody cares.

Candy Crush and look at the pretty colors of that can you see the other. Don't anything about saying it.

So I think that that's critical for everyone to realize is that you're going to have a war of weariness discouragement and forget it like just quit to stop. And it's too late.

I'm too old. Yeah. Times pass. If I was 20 years younger. Right. It was five years ago.

Anything to disempower you staying in the game staying engaged. It makes people very spiritually passive and they'll check out and there's millions of people in this they're going to church. They're involved. They may be doing great Christian things but when you put the heart meter on them it's it's lethargy.

It's the you know it's you they need resuscitation.

So I think that's a big one. And then. Number seven and we'll close with an action that I think a big one is the the end result really is relational breakdown where there is. A work of a bitter root in relationships betrayal hatred offenses goes on the rise peoples relationships get divided and then love grows cold. I think that that's the ultimate thing. We're seeing it we're seeing it increase and we need to be aware of it because otherwise we get lost into being right in arguments or I did the right thing or the wrong thing. I think the right way you think the wrong way. Meanwhile the enemy is going this is great keep it going keep it going division Division division Division division.

And I think that's something we need to be soberly aware too. You're at war so when you start a business there is going to be war there over you getting along it and your business is going to be where he started. Church he started ministry are you you start anything folks that involves people which is everything there's going to be a war over how you talk or what how you're able to resolve things and because we're not equipped we run out into battle with no guns and barely Holmen and it's time that we get more armed. OK how do I learn to process through the stuff cause fighting over my heart to make me out to make me go numb to not make me live the life I was meant to live.

Yeah yeah. And I think that you know doing the show we're very passionate about reaching those of you that want to see a change you want your own life to change you want your kids lives change you. We want marriages better we want relationships better. And we have to heed the call to start healing our hearts and understanding a war that's going going on overhead.

Yeah I would say as an action step one that I would really recommend is get before God and ask him a week in the life of my heart that I might be sober that I might be alert that I might be awake to who I am to who you are and to the world around me I need to see my significance in this too is look at these seven. We'll put them in the show notes. Look at these seven areas and consider what's the one I need to keep in mind there is this invisible war going on around me. Thoughts are coming at me from my enemy and I need to be paying attention to what am I believing what am I coming into agreement with what am I making as vows and declarations over my life. What am I saying as my future start to capture those things. And it's our responsibility. God's not going to do it for us. These are things he's given us as believers responsible to grow into mature it and look at and don't look at all seven. That's like overwhelm. Look at one and go God I want to begin to cultivate. Healthier mindsets in that regard. Absolutely. So Father I just pray that you'd begin to help us to live in this in the power of this. I pray that you'd awaken the people of God to a greater high alert as to what's going on in their marriages in their

children in their churches in their businesses in their communities in the world at large. This wrestling is not flesh and blood. It is an invisible war. And we need to take our place in our sphere of influence God's given us a sphere of influence. May we stay alert and awoken in our hearts so that we can be people that stand in the gap that we be people that can demonstrate your nature that turn people towards your heart because that's what you want God is for the hearts of people to turn towards you. Thank you for it in Jesus name Amen. We thank you so much guys. If this has been a great show to you if it's helped you in your life would you consider donating towards the work of this ministry. You can go to our website [Martin hazes dot com](http://MartinHazes.com) click on the Donate button you can. The first thing you can do is consider a one time donation. You can also there's an address you can send to or you can consider becoming a monthly supporter for those who support us financially on a monthly basis. Really a whole partnership program we call it the transformational tribe partnership. And when you do that you get a log in you get access to special resources and discounts to various things that can help and equip you and resource you for your journey. I also want to mention a great resource called audible which is a audio book resource. If you click on our link [Martz's dot com Fornes slash audible](http://Martz's.com/Fornes/slash/audible). You can get a 30 day free trial to it. So there is there's no risk and you get one free book so it's a great great resource for those of you that are on the go but you want to still slow down enough to feed your heart and the life of your heart. My books and materials are available on especially this one. God loves me and I love myself. We feel like this is a critical critical resource for this time in this age that we live in. But most of all we thank you for tuning in. Feel free to send us your comments. Share this with your friends. And we look forward to future episodes. Thank you so much.

Yes. Douglas thanks.

Or.