

There.

Welcome everyone to this episode of transformed you.

Mark DeSouza with my co host Melissa De Sousa and we're so excited to be able to have you join us for this brand new rebooted series of transform you episodes we're going to begin our first season and we're excited to do this. I'M EXCITED. ARE YOU READY. I'M READY. Yeah we have some great topics of we're going to be discussing and one of the biggest topics that's on our heart is what we're going to cover in the series and what we'll be doing is as you notice we're going to be recording to a video audience so you have the opportunity to watch this on video or continue to listen on audio. If you're one of our audio listeners but we want to resource you with every aspect of material that we can whether it's written whether it's audio or whether it's a video. And what we're going to be doing is we're going to be broadcasting season so this is going to be Season One will be we'll be going through a series of subjects and areas that we want to address. So we're going to jump right off the top with getting into probably one of the dearest subjects to our hearts and that's the subject of living with a heart that is fully alive. And our goal in these episodes is to continue with the heart of fruitful conversation. That's what we want to do. We want to have great discussion. It's what Melissa and I enjoy doing the most. We want to take some of our kitchen table discussions bring it to you and let it be helpful. We wanted to do is we wanted to do two main things we wanted to bring perspective to your life so it can help the story of the journey that you're on the areas that you're going through to kind of go oh that's what's going on to kind of get a little bit of an understanding of where you've been where you are and where you're going.

But the second thing that we hope we can do in putting perspective on things is also give you some action steps maybe some mindsets you can carry out or some simple application that you can engage in helping you to walk the journey of living a healed heart a renewed mind and to have empowered relationships. That's everything that we want to address in these episodes so we want to first really address the subject of living from in a weekend heart. Of what it means to live with a heart that's fully alive. And I think that to kind of just open up the discussion. I think it's when we started our ministry which is 11 12 years ago we came up with this phrase turning hearts ministries. That was the is the ministry behind everything we do everything that we teach and give out. It even made way for transformed you for that show materials and all these different things. And the verse that we put on it is the verse of Malakai closing out the Old Testament right. And God talks about the coming of the day of the LORD whatever your perspective is on the end times what we really felt drawn to is where Malakai prophesied in OK the coming of the day of the Lord but just before it and a lot of people there what they talk about it's important in the last days are these days or whatever days you think we're living in. I don't see them mentioning this he says I'm Malakai for he wants to wring the hearts of the fathers to the sons and to the sons. Back to the fathers. So what we see is we see hearts of people not just being connected to God but to each other. And that was what birth what we launched out and began to teach and speak about was this whole issue. And then as we went out and talked to people and we taught and we worked in hundreds and hundreds of people in US in settings and things like that we realized while this is a really difficult issue. Is a subject that people are struggling with. People's hearts are not connected. And so we I really feel like the biggest thing that we want to bring forth is connecting and awakening people's heart. We believe God designed us to live fully alive and we're not living in that. And the promises for believers that we have that. So what's the deal what's going on here.

It's affecting everybody and it's really the breakdown of family breakdown of relationships how your caring not really everywhere you go the work place everything it's affecting everything.

Yeah. So I think when I was writing down a couple of Scriptures the Book of Proverbs tells us and progress for 23.

Keep your heart out of all diligence for out of this spring. The issues of life.

So I remember as a teenager looking at that verse and thinking about what it means to live out of a heart that is empowered and that word keep keep your heart.

Guard your heart watch over your heart. I mean everything Jesus did it was like getting to the heart. He was interested in like fixing people's minds their brains is like if I get to the heart everything is going to change. So there's a lot of technical definitions we can give to the heart. How would you describe the heart in your own journey in your own walk with God. What what comes to mind when you think about the heart.

I feel like at the heart when I think about that it's it's everything it's relationships it's connection it's expression of how you feel. That's the one thing that we've talked a lot about in previous shows and people that we talk to is were you taught how to even articulate how you were feeling. What were you given any kind of instruction and tools to even recognize how am I feeling how is this how am I processing this now. How is this affecting me. We weren't really given even the tools to understand how the heart operates. What is the heart taking in would it. How is the heart being affected by things that happen in your life. So much of us are just kind of floundering around and. Wondering what's wrong with me. And we weren't really even given putting a name to that giving an understanding to that were what I do with a never mind. I came with that right. That's the whole next step that you know so many of us are struggling with. So when I think of the heart there's so much to it.

You bring up you bring up a great aspect of it's like the relational center of our lives. I think that's a really great way to bring it into perspective. You know the Bible talks about the heart being your treasure what you hold dear. It's it's beyond just mine living it's what's important.

It's what there is feeling today. I think Christians are afraid of feelings we're afraid of talking about them because we we've been you know you get tossed by your feelings and you're unstable and so we've been taught don't go about your feelings go by the truth. Yes it's true. We don't want to just be. Bound by every wind and wave of emotion but the heart is experience. It's relational experience. We don't just think about God we don't just like you know walk like robots we connect. We give him our heart. We believe with our heart. I mean we don't even get into the kingdom without believing from your heart. Right. The Bible says confess with your mouth. Believe with your heart that you know that God is Christ Jesus from the dead. So isn't to say just have a mental assent. Why. Me. No this is in me and it's experiential. It's yes there's a feeling and yes we need to be disciple than how to process our feelings. But it's the relational centered God is meant to be experienced. I'm meant to discover how he made me and discover you and connect to you. So Jesus Walks the planet and he says in John ten 10 he says the thief does nothing but to steal kill and destroy. But I came that you might have life and have it to the fullest haven't more abundant to me that is the picture of living fully alive.

It's life abundant to the fullest to the max you know to the maximum potential. But then what's the thief coming to steal. What's he trying to steal kill and destroy the life live.

So if I was to as if I was to if I was an alien from another planet and I came into the United States and I was to do it to kind of give a reading to what culture should be let's read the Bible or read certain texts of what life should be like. And I said look at people's lives. I would say that's missing. And we see the thief in operation. He's stealing he's killing he's destroying and Jesus is like my purpose here is to give you life. I want to give you life so that you'll know the father. I want to give you life so that you can be born again that heart having a new fresh start or having a renewal in your life of relationship. And when you have a fruitful relationship with other people. And so I think it's important to recognize that the thief comes into it to mess with all that. And he's coming to steal kill and destroy but another verse that came to mind before we put the lights and the camera on is in Ephesians we're pulses you who were dead he made alive you were dead and your trespasses you were dead in your sin you were dead and all that darkness he made you alive. And I feel like with all the complications of life we're losing that we're losing that sense of life we're losing that sense of like what does it mean to live life.

From the Heart. So OK so if I was to ask you. How is your heart. What would you look at.

And giving the answer to the honestly immediately when you ask that it goes to OK what what are the pain points in my life right now. I look at I kind of gauge it through what is. How are you dealing with pain. How am I dealing with pain. How am I processing the tough stuff right now. Am I able to do that. Am I shutting it down. Am I numbing out.

Am I able to grieve. Thing is I'm able to cry. I think that's a big one that we ask people and we've even checked on ourself as we've gone through things in life like OK am I able to cry through this right now.

How was my heart in processing pain.

Right. It's good that I think about like how connected in my two relationship with God myself and other people I think like how you know my alert I'm aware of life in my because I feel like what will pull me away from living fully alive from the heart is going into like drone living right. I go through the motions go to work do the tasks get stuff done you know kind of accomplish things and I get out of her life which is slower. It's relationally connected to how fulfilled him I know. How much my allowing God to feel me how am I allowing relationships to fulfill him making time for the things that are important that matter. See the heart is the central place of that it was meant to be filled with those healthy values and those healthy gauges. So I I find that's what pulls me out of it the most. So when we can do is we can talk about what is it mean to live from the heart fully alive. Hmm.

You know it's funny as you're saying all this if I just interject just a thought for a moment this is as we're talking about all of us. It's making me think of a lot of things but what is it like to get there. And are we going to allow ourselves to be led to this point of living fully alive. There is an aspect of those of you listening today and even on our own journey.

Are you going to allow yourself to be led to this point of. Can I live fully alive from my heart. Do I want to go there and do that. And the word in the lead just kind of kept coming to my mind. So I didn't mean to jump in without before we get into all this but I want to bring that point out that if you're tuning in today and you're going OK this subject is jumping out at me.

I don't know what this looks like.

But can you let yourself be led to this. Because I think isn't that all we. How we all get there. You know we're all struggling from things growing up. My parents didn't give me this or that. Are you going to let God lead you there or are you going to let those in your life who want to connect to you lead you or are you going to lead your heart to become fully alive.

It's really good because I think that it then leads to another question do you want it right. Do you want. Do you want to live fully alive from the heart. Or do you feel like if you do that you're going have to make tough decisions are you going to how are you going to be crying all the time or you're going to be.

That's not what that means. There's as you're saying even my heart is jumping because unlike there's an element of this that I want to go to the next level of.

Because when you're alive you're we can even start with the full with the first point which is you're fully engaged You're fully engaged relationally.

Yeah I would say that that's the biggest thing of being having a heart that is fully awakened and alive. Yes you are fully engaged. Relationally that your. I think the battle and pull of people is when they're in a setting. They're not there. Yeah they're in the past they're in a present anxious depressive numbed out of steam there somewhere else.

Want to be their work in problems. Right. Right. They're not with the person in front of them. They're nigh out the situation at hand.

They're not in putting out putting right there in their phones going on when I can I just block out you know that that's a huge problem right now.

You know what does it look like to be fully engaged. Relationally with God yourself and those around you. That to me is the ultimate right.

That's the ultimate. Because I know him that even though the only way my own areas.

There's another level and layer of that I want to get to get better at. Don't we all want to get better at it. So what is it. Are you afraid of it. Are we afraid of what that really looks like because I feel like there's a lot of people around me that I don't get to engage with. I can think of a bunch of people where I when I'm with them I don't feel like we're connecting or are they are with me or maybe I do that sometimes to people you know I have mine myself too but that what what is it or what are we afraid of.

Is fear fear is relational fear we're so protected we're so self protected in our lives that we're we're walling ourselves in. We think we're protecting ourselves and really what we're doing is we're paging ourselves and we're not being able to engage what's fully out there.

Yeah and are saying you what want that. Don't you want to be like be fully awake.

And so that's what we experience is like. Wouldn't you want to be free from all this stuff and then we realize oh my goodness people would rather stay in the comfort of their junk now than break free so it goes back to the do you know Jesus looked at the guy by the pool and said Jane to be well. So here's a connection I've learned over the years is that when you have the want to you said being led by God into

allowing him to because really the process is allowing God it's not you know sometimes people make this like heard like like like running through quicksand kind of thing really it's allowing him to lead you and yielding to it but it starts with decision. It starts with I'm willing to do this because I want the maximum potential that's available for me which you and I have our own stories of coming to that decision. And it has led us our whole life that I'd rather live that and pay the price than just lol in. So once you make the decision I want this. Then when God brings the invitation you respond to the yielding of I want to deal with the issues of my heart. I want that that hinder me from being fully engaged. The second thing I think that is a fully engaged relationally. Which you know can't emphasize that enough fully present. Yeah being present in the moment that's what fear took out of my life. I was never present in the moment. But anyways connected but the second thing is being comfortable with a full spectrum of emotions.

When you sit down ask somebody How is your heart How's life for your heart. Are they a person who's comfortable. Not that it's like a cakewalk. What are you able to process. Sadness and Joy. Or are you just always like sad. Or are you always in these like Joy kind of modes and when people are sad you're kind of like don't want to do it they don't want to do it because of the party or whatever or you overhear and every time you know you have these people those people that.

Every time you ask them how's your heartache law law everything's negative everything's Heavy's everything's and so it's not productive. I feel like you're productive. There's fruit. I weep.

But yet the night there's joy. I'm I'm sad and I'm sorrowful. This hurts. I'm angry. I'm concerned. I'm struggling. I'm in conflict. I'm feeling and I'm inviting God into that I'm not just I feel like modern people are just doing this all day. Well I'm just battling down everything that's going on instead of going God I invite you there because that's the treasure when that thing is wrestled with. I can experience great Bathory. Well I think.

It brought up a thought in my mind and I think a lot of people watching this and listening can relate. We all have those situations that we're in. Whether it was a tough conversation bad news came to you or good news. And like several hours later you're spinning the scenario over and you're going how come I didn't respond the way I wanted to respond. How come I didn't either let myself cry when I needed to and held it in or did I not. Was I not able to celebrate in that moment. And then you're either if it was with somebody. Wait

a minute why did i should've celebrated with them why they were so protect her. Thank you. Were so protective of what we're doing.

Number one we don't trust people with that. That's a whole other show but we have so many things that we don't trust. We don't trust ourselves. So now when you're talking like being able to access a motion in all situations which let me just tell you that's like my ultimate of Lake being an amazing person is like being able to access a motion proper emotion in all situations. I feel like if you are comfortable enough to access emotions whether it be tears away laughter and be totally comfortable with yourself and comfortable emoting like that is the ultimate to me right. Don't we all have those scenarios we rewind to rewind and you're like.

I wish I could go back to it and cry and laugh and be okay with it because now I wouldn't care to be carrying this up with me right now. Yeah.

Be comfortable with yourself. It's its knowledge.

Also it's not being so hyper critical or hyper like what I'm afraid or are analytical.

Yeah yeah. So I think I think it leads into a third aspect and I want to bring up when it comes to when I think about like my journey. So much of like being you know dead and or struggling or just bound.

I think a third thing of being fully alive is that I become fully alert to my world like I'm I'm fully present fully aware of what's going on. I think the Bible uses this term sobriety and we use that typically for like being you know sober from alcohol you know drunken state you're sober. And I think that that's just a minimal definition of it. I think being sober is I have nothing interfering with my ability to see things clearly. Yeah. Just pause posit that first day. It's like how often throughout the day from the beginning of the day it's like caffeine you know later in the day it's a break with a show it's its social media it's its this food. I got to have to feel better. It's a drink it's a smoke it's is. And there's so many things that we're adding into to take us out of a sober moment of sobriety doesn't mean just serious doesn't mean just it just means fully aware in where you are at a proper setting nothing's intoxicating you nothing's taking you out.

So you're able to engage what you're in right in front of you which if I may submit this this really is the picture of what a man leaving the home and being the watchman over the home is where you know this isn't. We don't negate the women from this as well but I when I when when you bring that out of this there's and there's a this thing that comes over me of what that would feel like to have men of this world bully alert to it. Right. That's something that in our home always blesses me as you are always taking the temperature of what's going around you see oh hey look what X doing I see what he's Rs6 in there or you are looking at what's happening with Abby and can take it in and come to me and we both have the ability which I'm very grateful for. And we've had to work out to do that to say OK what's happening here so that you understand the importance of bringing your voice to the table but your voice wouldn't mean anything if you were looking taking it in seeing what's happening or going Hey this is what I'm saying.

And I wouldn't I wouldn't I'm saying I wouldn't take that posture if I didn't become awakened in my heart to the power of how God made me. Right. And see this is a struggle for a lot of men a struggle for women to believe. I feel like it's a thief assignment on men to not let them be fully alert emotionally relationally to their world to their home to their marriage one because of fear. If if I really know you're not happy in this marriage I'm afraid I don't know what to do about it. And I'm afraid to even take action because I wasn't trained. And if I do it all screw up you'll be disappointed in me. I can't handle that pain and fear in making a mistake means I'm a mistake and this unworthiness Clansman. So I felt like I had to plow through that it's worth it on the other side if I allow my heart to become fully alive and see I think every person needs to see when they become awake into their heart and the heart that God given them. You know and who God's made them to be that they see value in themselves of what they bring to a room relation and that when you walk into a room you have value to offer not necessarily what you say it might be just being there it might be a smile on your face. It might be a just patting someone on the shoulder. It might be some sometimes somebody looked at me and gone. Thank you for writing that book. It changed my life or thank you for being at this event and just standing there and being there for me. It's its recognizing value.

And I think that we need to become alert to what's go and get real get real get honest with what's going on. I think we're when you have a heart that is fully alive you can go OK my son is struggling with a

disability. This is really tough. And this is where he's at. And God you are big enough to meet me in this verses you know how we kind of like use like Christian cliches are like no you're not sick or you know you're not this and they're all forms of denial that don't allow us. I don't see Jesus doing that.

I see Jesus fully engaged. If he needed to weep he wept. If he needed to express irritation anger he did it.

He was fully engaged fully alert and present to the world around him the satellites which does it makes sorry it makes itself. It presents an authentic. I want to be myself in every situation now who I am changes over the years. Right. It's like next year I'll learn a deeper part of who I really am and let go of more of who I'm not. Right. Yeah.

But right now I can only go by what I see now and allow myself to keep growing and I'm going to be authentic in that as God's changing me. Does that make sense.

Absolutely. But and as you're talking to and expressing and even giving that that example of even with our son you know what I feel like it does is when you're engaged your heart engaged you're fully alert to what's going on. Number one your discernment is up. That's right. And it gives room for God to speak gives room for you to give the game a creative things within situations that you're like you're saying otherwise maybe people would ignore it. I don't want to allow that. You're you're being here alive and awake. I feel like an inexperienced as we've had in other people. Now God can speak to you. OK. You're alert. Here's some creative things in the situation you can do to either speak into it. Do you.

That's right. And to kick the thief out. Right.

Like recognizing where prayer needs to happen or recognizing where a discussion needs to happen. Which. OK so we've kind of what we bring out like three points four points regrade. I think a big one though in being heart awakened is love how Subi love has to have its perfecting work love must be the atmosphere that gets cultivated. Is that I'm experiencing love with God. I'm receiving it giving it back. I'm loving myself loving people out of that like letting that flow happen. And I'm aware of OK where's the block right. Where's the block OK.

You know I think if I'm over a heart alive I can recognize hey you know I feel like I'm feeling not as connected to my union with God or I don't feel like I'm loving myself. It doesn't have to be like oh you're not doing this like it's a kindness it's like it's like no let me invite love. Like it says in First John for perfect love God's love it has a perfecting work he fears has not been made perfect in love. And when I him heart alive a heart awakened. I recognize there's brokenness there's brokenness here and it's not. It made me a bad person. It doesn't mean I'm not smart doesn't mean that I'm not good enough. It's recognizing we're all broken and we all have areas that need a deeper level. And so now I'm I'm looking at things like you and I've had this discussion a lot because we deal with a lot of difficult people a lot of difficult circumstances and a lot of times the kickback can come out of it.

We stir up the bushes right. Right. And people get you know their wounds come up and sometimes they can strike back at you. And we're like having to learn what does love look like in this situation.

Yeah isn't the word that as you're just you're talking that's jumping out at me is empathy. And I think when you can really access your heart within it's very within this which I think we're lacking a lot right now in our culture. We're so quick to attack and look at things very black and white.

There is no room at all. I mean look at it and even the political arena because we need to start living more heart connected even in that realm. Yes that's a tough realm and people are called to that and bless them and I pray for them.

But when you can see things there's a bigger picture here why people act certain ways are they where their fight for justice there's usually back to a paying place total when we can start to see there there's something going on here. There's a bigger picture let my heart engage that person get the story. That's the one thing that we oh my gosh when this when we had our church and maybe this person irritated another person get to know their story.

Trust me they will not irritate you as much when you understand why they are the way they are right.

Even in Christian circles when we argue theologically where we're coming from broken the old ways we're coming from brokenness and attacking each other and we're making our position and our viewpoint this like thing that you know Jesus is on my side and he's not on yours and I'm attacking you. And we're always coming from brokenness and we're forgetting somebody whose heart awakened is recognizing at the end of the day each of us is human beings precious in God's sight. And let's let's grow and how we respond to each other but it comes out of how we see ourselves and whether if you haven't dealt with your own brokenness you will come out of a place that's what you want to have empathy for anybody else.

How are you if you do not deal with your own self. How are you going to really really deal and love somebody else.

Love your neighbor as yourself it goes back to that premise that that understanding.

Right. You know it comes up for me. Is that what interferes with that in my life. I think about like.

With our children when we were first having our kids and they're in there they're still in their young years. But in their little little years it was like when.

What a moment of something happens like an emotional moment. Our lives are so busy. Hugo can you just get it together. Just keep moving. And I feel like that's how we are with each other now that we're like. Come on we've got this thing we've got to do. Like I'm too busy for this and I feel like whenever I say now it's a correction to up the pace of your life is not where it should be. Now it doesn't mean that you spend all day hours and hours with it we don't have time for that. Life is busy is full but I feel like we don't make time for these windows word rush rush this this. Quick quick quick quick and we don't have time to digest. Don't I think there's way more margin we should be having in our life. Again this goes back to do we want to live heart awakened or do we want to be busy successful in man's eyes. Do all these prizes we chase for. And then we're 50 years old having a nervous break right. I

was just going to say not because I'll catch up to you. We're throwing this in a pandemic problem. People are imploding. Churches are imploding. Pastors are imploding. Families are divorce rates it's all

imploding right. And then you know you look back. So people now in their 20s and 30s in the big state ballots and that pass by bond just forget about Ashier and then not.

Oh wow.

Trust me it will catch up to you and then you'll be going why didn't I deal with that. The 20s and 30s.

Right. I think the blossom before we get to maybe like an action step. Maybe you can start thinking about OK how do we take this and put it into action. Is that if you're to live a heart that's fully alive. You have to become more comfortable with risk. You have to be more comfortable with stepping out of your comfort zone and into places that stretch you.

If your number one desire in life is to be comfortable Jesus and the father and the Holy Spirit will constantly bump up against that because he will call you into places of stretching facing your fears facing your disappointments facing those sorrows facing your anger facing those insecurity issues facing those areas you don't see yourself the way God sees you facing dealing with you I've gone through seasons of dealing with people that are hostile online.

I go Oh my goodness they are so mean. All I'm trying to do is talk about the love of God and they're so rude people are rude and ask what am I going to do with them. You know how am I going to process that. So I think it's like you know facing what you need to face taking taking responsibility or really and I think this will lead us to a place of action step is what's the decision that you need to make.

The key decision because I believe the majority of people are one major decision away from everything change.

Absolutely. We've seen that over and over.

What made you decide what are you avoiding what are you avoiding or maybe not what you're avoiding that is an area.

What do you think there's a that can do about it.

There is a choice that gets too big there's too much stuff tied to this and that and they do nothing. You stay in bed child.

Right. And anytime I find myself sitting in neutral I have to look at my thinking like a victim I was a victim says I'm powerless I have no choices. I can't do it. And don't get me wrong there's lots of things we have no control over but are there things that we need to make decisions on that we're avoiding the decision we're avoiding the discussion we're avoiding the step we're avoiding the risk and I think the day I became truly heart a live was I made a decision. So I think as an action step is when you can tell me what you think is what's the decision and choice you need to make. Can you can start by simply making a decision this has got I want to live fully alive from the heart. I want this.

And when we do that when we say yes the Bible calls saying yes to God of obedience surrender and what it does it now opens up the channels of discussion with God where we yield to his strength.

Jesus Take my yoke upon you learn from me. We being engaged with the father what does it like to learn to be a son. Does it mean to grow in that and I want to live from here. So maybe what you can even do right now.

Whether you're listening or watching you just put your hand over your heart and just take a moment right now to say Father I take the invitation and say yes to it.

I want to live fully alive from my heart. And maybe you maybe your heart is described in a negative way just her as her hopeless hard nosed out heart.

Give that to him. I give that to you and I make a decision to receive a fresh heart from you.

That's the work of crisis the work of the cross. It's the call of Ezekiel that says I'm going to give you a new heart and a new spirit. I want to I want to awaken you out of your junk and into the life that you have nothing is going to be easy.

Nothing it's not going to be a journey but awakening yourself to that.

The one thing that I would add is you're going to have to take time and invest in your heart in yourself. Rarely do we hear the stories we've had when we've heard them but rarely do you hear the stories where you just woke up one day and went Wow. I inhaled. My heart is good. I am like in it to win it right. I am engaged. You're gonna have to do stuff because we're all in really horrible patterns and our light is participation this is participating here are going to have to go. All right let me go online. Your Web site has amazing resources. This is the heart of what we do read things take in things know marinate on something that jumps out at you when you're in the word and you see something that jumps out. Stay there. Let God work on you with that.

And as you were talking there I really felt like it's important for us recommend this resource which is God loves me and I love myself. This really talks a lot about the heart. It talks a lot about how to engage love how to receive it how to break through the barriers. It is also a lot of practical tips in it as well to this can be a great place to start. I know a lot of people it's been a wonderful place for them to start in their journey.

There's more books I'm going to be coming out with will make announcements about that as well too.

If this episode has added value to your life and you say man this is really this is great. I love this. Would you take time to consider donating towards it. You can go to market he says dot com for Slash donate. I'll put a link in the show notes that you can click on. You also want to consider joining our monthly partnership which is a great opportunity for you to be a part of a tribe that has access to great resources and support for your journey and for your life. Email was also want to consider a great resource called audible which is a very helpful tool that we recommend to a lot of people. You may not be able to have time to read but you have time to listen you're in your car you're out for a jog you're going about your errands and you can put some ear buds in and take some time to listen to things that are going to encourage your life journey. Audible has tens of thousands of audio book resources and a variety of areas you can look at. But all the books that I have come out with will be coming out with will be in audio format so you'll be able to access that. There's a free 30 day trial and I believe one free book that

you can get. So it's a win win situation. But those are a bunch of resources you can start with you have your action steps that you can take and anything else you want to have.

Now I'm just encouraged and I know this is going to get excited to be fully awake in your heart as it not only changes you but the generations.

Absolutely and that's what we're looking to do so may the grace of God and His love for you just be permeated through our discussion and that the work of Christ just be shown to broaden your hearts. And we pray that you'll be able to live a life from your heart live awakened and we want to be an encouragement for your life and for your journey. Thanks so much. We're excited about this new series of podcasts are we putting out. Send us your questions and your thoughts. We look forward to the next episode. God bless you. Blessing.