

Welcome everyone to this episode of transformed you. It's great to have you. My name is Mark haziness. I'm here with my lovely wife and cohost Melissa.

Thank you so much and we're so glad to have you join us today.

Yeah it's great to have you and today we're going to get into a really important subject when it comes to the issue of living a heart that's fully alive and living very heart awakened. Of course that's a very passionate subject of ours we're dedicating a whole season to what it means to live fully alive from the heart. The Bible talks about how out of the heart everything flows in life and we're noticing there is a pattern in society where people don't know how to live freely from the heart. We're we're bound up with so much stuff that's hindering our relationships it's keep us stuck and we're manifesting a lot of toxic destructive dysfunctional fruit as a result. So we want to get into a key question that's going to be important to be asked in your journey and your process of experiencing the healing the freedom the transformation that you need if you want to live a heart with a heart that's fully alive. If you want to experience heart awakening there's an important question that we need to ask in fact oftentimes when we're meeting with people consulting with them in session work we often will get to this question that if you really dissect it

. It can change everything for your life and the question is this Do you really want to be well now from the surface it would seem as though that question is idiotic idiotic or that it is a rhetorical question where it has its own answer to it or it's a it's a it's a it's a question that it like Horace I want to be well why would I be here if I wanted to be well. But when you dig deeper you realize there's stuff in the root system that says otherwise to set the stage for this. I want to bring up where this question was actually asked by our Lord Jesus in John Chapter 5. It talks about where Jesus went up to Jerusalem in John 5 Verse 2.

Now there is in Jerusalem by the Sheep Gate a pool which is called in Hebrew Bethesda having five porches in these lay a great multitude of sick people blind lame paralyzed waiting for the moving of the water for an angel went down at a certain time into the pool and stirred up the water. Then whoever stepped in first after the stirring of the water was made well of whatever disease he had. Now I want to first say in this situation this is a very supernatural environment. This is not like well just to get an appointment with my doctor and I just hope things work out. This is very like an actual the things that people beg for Jesus send an angel or oh god would you just come and bring about the miracle that I need.

Correct. So this is not like some Lamey wait for that. Yes. Every believing person would now a certain man who was there had an infirmity 38 years. It's a long time being sick. And we have to understand that when you live a long time with a certain problem the problem can become your identity. The disease can become your identity. The mental illness can become your identity. The bad marriage the the the financial problems the I always have problems. And then we develop what's known as a victim mindset which is perpetuated by self-pity self loathing and it's very difficult for people to recognise and understand how they lived so conditioned with it. So when Jesus saw him lying there and knew he had already been in that condition a long time. So Jesus didn't need the story of his life. He knew most likely through a word of knowledge wisdom revelation from the Holy Spirit just knew. So he gets to the heart. That's why I love the Ministry of Christ and what he does it's it's so empowering. He's always just get into the heart of it. He doesn't waste time gets right to the issue. Do you want to be made. Well in response to this the guy doesn't say yes or no. And this is the problem we're running into we live in a culture that manifests the problem that this guy has with Ben under a certain kind of negative

circumstance for so long. It's not something we're going through. It's not something we're struggling with. It's a part of our identity. And so instead of the guy saying yes or no which me as a reader I'm going to say yes to say yes he gives him his story and say that's what we usually hear as negative story. So you meet with someone and you say so do you want to be well well when I was six years old as you go it starts right.

Right. OK. Now that your story is important one story right. I want to say that we need to understand that everyone needs to get their story out.

It's very one story is important but Jesus is dead into the heart of the issue. Do you want change. Do you want transformation. So sir I have no one to put me in the pool when the water stirred up a wall I'm coming and other steps down before me.

Now we're looking at this and going OK if he's empowered if he really wants to be well I'm thinking why don't you go hey buddy over there the next time Angel things have happened and stirs up shove me in the water right and drag me over there even if I'm sleeping around me and that right. I'll give you some I'll give up cause I'm going get back to work. And I'm going to. I'll pay you my first paycheck. Because I want to be well so bad. I've many times I've I've worked with people who've been struggling with a lot of issues even physical or emotional and they're looking for God to heal them in every way. And sometimes I'll ask them the question OK. If God heals you. And you're able to walk talk function at a better level of peace. Are you willing to go back into the workforce right. Are you willing to say I don't need a disability check because I'm healed.

These are really tough questions which we've cut we've had to deal with with with certain people in the past. Absolutely. You know if you get healed that means your disability check will go away and you can see fear and terror come over somebody because there was a Ryan Sanomat or a situation where somebody saying I really need my husband to change what he does. Are you ready to live at

. A higher level because now you can't compete anymore. Right. If you go I wish my wife would just listen to me when she starts listening to you right. Are you ready for that. Most people are not ready for what they're actually asking for. They think they are gonna bring me the financial blessing. What is that check comes. Do you know how to handle it right. Oh I certainly do. We're very delusional at what we think we need and how well we can handle it. Iraq right. That's a good statement so yeah. This is something that we have to ask ourselves because if you really want to be well we have seven things we want to give out as important factors will go through them but these are these are each critical to your journey. I had to ask myself the question Do I really want to be well because I for so long was under negative thinking was under a lot of self-pity victim thinking konsa anxiety chronic discouragement depression up and down moods obsessive thinking all that

. I had to go through a very intensive process of transformation.

I had to answer this question right. Do I really want to be. Well and here's the reason why when you answer the question up front it doesn't matter what it takes because you've already said yes.

So Jesus does this law he says to the people come and follow me. Just leave everything and come and follow me. They didn't go. So how long is this commitment. What's involved. We have a contract is this how is this going to work. Well he always asked the committed question up front. So whatever happens

it doesn't matter. So if you have to go through 18 seminars read 40000 books or have to go through ups and downs for six months or a year or you have to make tough decisions or you have to leave your job or you have to change a church or whatever you have to do.

The baseline question has been solved. So there's no longer Well I don't know. It's like I don't care right. I don't defend what I have to do because transformation is going to take. Priority. That's right. That's right. So when he was 7 the first thing is here's what happens if you really want to be well 7 things get put into motion and these are important. The first one is upfront it's critical. No one will want your transformation healing freedom whatever it is you're you're looking for for your life and your journey. No one will want it more than you do. And that is a value that I hold and I've held most of my life that I encourage anyone who's wanting to grow change be transformed which should be everybody is when you get to that. Yes.

I want to be well I want to be whole in my life. I want to be healed but I also want to be whole then number one no one wants it more than you do.

So if you go to a therapist a counselor or a prayer minister and author or coach a mentor a pastor a leader a loved one you never put the burden of your transformation on them.

Yeah which is an interesting thing because we bumped into this and in several ways. And when you watch it more than anyone else and you really want change you will do anything for that you will get the materials you need you will get this. When we start bumping into people which we have over the years well I don't have the money if I can just get some stuff for free. Then there's an investment that you make into that. I want this more than anything you know if I could just have people around me supporting me Oh who wouldn't love that. But still at the end of the day you can have the best cheerleaders on the sideline that want to have to be inside of you.

That's right. I remember seasons of my life. I didn't have the money. I honestly didn't have the money but I rearranged my financial picture around the house and did everything I could. So it's like OK if I don't do that or don't do this I've got to buy this resource. I spent significant money on some Taves or things. Anything that would speak to my battle on my journey. Right. Sometimes even putting it on credit is I'm like I'm just so so desperate to learn and grow. I'm going to put everything I've got into this.

Doesn't this come down to one of the big foundational subjects that we address as loving yourself and if you think you have that much worth to invest you're really investing in yourself and a lot of this does come back to that right.

And a lot of times people want they want the results without making the investment. It's not about just about money.

It's about time it's about blood sweat and tears investment it's about the years the toiling the processing. They want what they see out there and they think that most people even people have written to me and they communicate to me as though my journey was easy and theirs is difficult now they have no idea what I've had to process and really need to learn. No one gets to where there are at significant transformative levels through an easy route. And if anyone communicating that in any way it's

. It's inaccurate. So number one no one wants it more than you do. Number two is you take personal responsibility for your decisions and your choices. I'm a firm believer in this. Everyone is usually one really strong decision away from everything changing. I believe very very strong decisions. If he comes out of I want to be well no one wants it more than I do. Therefore I make a decision that did not add up to that.

It follows off of that Mischel place. I've already made the decision that I want to be well. So now I'm going to make a powerful decision of what that's going to look like. And so I've made in my life you've made in your life series a very committed.

I'm going to put myself out there to experience the change that I need. And this goes back again many times people want the results in their life. They want the healing. They want to experience freedom from their brokenness. They want to have a new thought life they want to have better relationships but they don't want to make the tough decision.

Yeah and it can be a scary thing when you're breaking out of old patterns and habits. Because most of us either live in safety or were just so used to dysfunctional ways of relating to things and processing life. We don't really know what healthy choices are. So it's going to be awkward at first because I don't have to make stances you don't feel like making you to break this cycle of I'm underneath every guilt fear uncertainty story. Oh gosh well when I do this this usually happens. That story is going to need to change. Ok maybe that has been your story. No I'm moving forward and changing the story.

That's right. Or the story says well I've done that before. Right. We'll do it again try to heart right. We'll do it again. Well I've tried everything. No you haven't.

That's why I love to listen to the stories like the guy who came up with Kentucky Fried Chicken right. Wasn't he like in the 70s by the time it like. He went around for like hunder. It's like any of the stories insane. It's really wonderful to hear the stories of these amazing businesses that have been around what it took for them to get there because I think most of us would look at that and go by the amount of doors he knocked on the amount of businesses the amount of Ahmadu and destruction. It was literally like hundreds of rejection knows this isn't going to work. This isn't going to work till finally it did. I don't know that most of us can look honestly in the mirror and say I have that in me. We believe enough in me to do that.

We don't realize how much we haven't learned how to count the costs. What does it take right. So it's like you have a terrible marriage. What does it take and really counting the cost of a what needs to happen. What strong decision needs to happen here. We think well I'll go get some coaching or I'll go get some help. We want them to rescue us out of making the tough decision but no no help and no ministry and prayer and the kind of tools or teaching can rescue you from the tough decision that you have to make. Absolutely. And you're Jesus when he taught. One time the crowd started getting smaller and smaller and smaller and he looked as disciples and said You guys want to leave too.

There was this sense of like you're going to make you're going to now follow through on the decision you made to follow me. Do you really want to. Do you really want to hang in there. So it's taking responsibility decisions the choices import. Number three as you recognize it will take personal work and investment. So that means investment of your time energy. Here's the thing. Living healed and whole from the heart takes work. Marriage takes work. Relationships takes work. This is going to take

daily investment. When you say you want to be made well the investment of time energy even finances whatever I have to do we make a high value in our home that we are going to be generous but also with our resources. We're going to invest in things that contribute to our growth. I look at our home as though we are constantly investing in school even though we're not in college we're not in university but we invest in learning books programs and materials. And I would do that if we lived under a bridge right. Because if you're under a bridge you can learn something to get you out of under a bridge.

There's libraries there's a bunch of stuff you can access.

That's right. That's right. I even say to people sometimes people say to me Well I don't have a lot of money to invest in such as. I said well there's hundreds of free things right here. Ah. You can take advantage of those have you. And that's important. So when I when I recognize OK there's going to take work it's take investment whatever I've got to do. Let's do it. The fourth one is when I really want to get to. Because when you when you answer the question yes I want to be Madewell you start asking yourself empowering questions and I want take a little tangent because I like it because there's two things that people say that we need to change. If you really want to be Madewell there's two questions that you need to change in your life. A lot of people I've worked with even in my pasturing years I have hundreds of people that have said this statement. They've said. I don't know how to do that. Are you play you share a precept with them. You need to receive God's love. You're going to need to experience healing in your heart. You're going to need to. Blah blah blah. Spend time in God's peace you need to learn to cultivate more confidence in your identity to you your concepts and I and I like the question at it because it's honest right. I don't know. I don't know. I don't have a reference for that. The problem is is that then plateau's them were now they're not taking the steps needed to go further that statement that honest statement can then actually excuse us from getting the further help they need.

So change the question from the statement from. I don't know how to do that to begin saying how can I learn this. So really good. So for his for example I remember one day recognizing I did not have a connection to Father God. I knew Jesus I kind of knew the Holy Spirit but I didn't understand how to feel the love of the father which is what the fullness of God is Jesus leading us to the father. So I said this. I said Father I don't know you as a dad. Would you help me. So then I tune my frequency in everything I'm reading in the Bible.

Everything I'm learning what I'm reading in the news what I'm experiencing in life. I'm putting that question of I want to learn about the love of the father on all of the situations. It becomes like the tapestry because that's the theme I'm learning. I look for it in my web searches I look for and areas of conversation I ask questions change the statement into an empowering question.

The second one is there's nothing I can do. There's nothing I can do. And again it's it's a helpless statement that then blocks you from making the decision.

So we have to change that into an empowering question that says What can I do. Right. It's good. You might say Well nobody's giving me a job or I can't seem to get any help from from anyone.

Well what can I do today where even people that are very overwhelmed maybe they struggle with mood disorders or they're or they're on medication and they have side effects or there's or there's these limitations that they're under or are they live alone and they need help and all this and that the statement I can't do anything.

Blocks them right. So change it. What can I do. Now you have movement. You know I've worked with people who they couldn't even leave their their house they were so physically debilitated right from the emotional brokenness in their life itself acting them physically they're allergic to stuff.

They got environmental issues or they're just totally phobic.

Right. And they I can't go to the grocery store. I can't even do normal things. OK. What can you do. But you get up open the door step outside for five minutes and walk back in.

That can be a challenging question for people really confronting really confronting. What can I do that. Like can I even take a step that challenges do you really want that.

But that's the key if we're going to experience the heart awakened life that we all do deep down want but when we look at our lives reflects that we don't really want it because we don't really want to change the questions and begin to move. So that's number four. Number five is you want to ask yourself two key questions. OK. And these two key questions and hopefully you're taking notes on this and writing these things down. This is critical for your life. This will save you. This is free coaching free. Hey this is this is this is really really transformative.

You got to ask yourself the question what do I want. We asked that to almost everybody we work where we do.

What do you want people who've been abused victimized or been neglected or have been under a victim mindset don't know how to answer that question. So if you don't know how to answer that question just recognize that you've been under a more victim based mentality and that needs to shift. You need to have clarity on what it is you want. Now remember I said two questions to the first questions What do you want.

Let's give a an answer. I want healing here's the second question.

What does that look like. What is it what does healing look like.

What does it look like for you to be healed from that and move into extreme. So for example I was begging and crying out to God for him to help me with anxiety. I can't take this as debilitating. I need you to help me set me free. And one day I had the question pop into my heart. What would you do in a day if you had no anxiety. Right. And I said honestly I don't know because my day was spent listening to projecting mulling over meditating on swirling and fear.

Your decisions were based. Right.

So I started to get a picture of okay what will it look like if I'm free from this. So here's the thing that God put in my heart in that season start activating that now. But I'm not free yet. That's not how this works. It doesn't go like this. You get free. You're a blank slate and then you and then bearnaise acting you are right. It all happens in real time and it's messy yucky soupy kind of process. Sometimes you feel like you're getting free. And as you wonder if you even get in free. So there's your wonder if you're just crazy. I'm making progress right. But it is how the transfer made it a transformative process works is you start to go what is it that I want. What does that look like and start picturing your day and put it into

your day. So for instance a guy like me who struggle with massive depression. I started my day off or my alarm clock had very loud exuberant praise music playing. I wanted at the start of my day to jump off with music that would jolt me and give me no time to think about how I feel or get introspective. I know we're not going there today. Today I'm going to rise and shine. God is with me. And even if everything in Hell is against me I'm setting a new pattern. So I set a new pattern of depression free living while still in depression. I set a pattern free of freedom from brokenness.

While you're still feeling broke there's like an element of not of kind of not fake it till you make it. I don't really like that statement but there is an element to that of that being part of the process.

So number six is you got to seek out what you need to learn. You need to seek out people that are maybe going where are going people who've been where you want to be people who are exemplifying or talking the language that speaks to your battleground. Listen if you're if you're listening to people on TV who are just not empowering you know I know a lot of people that even though watch Christian television shows and you like wow this loose preacher and you know I just I felt like they weren't even speaking in a battleground. I got more confused. I like why are you listening to that and I find I'm not saying bounds from person to person. Park yourself somewhere but listen to input that's bringing out the truth to your battleground. And it's helping you. And God is very creative and wise and the people that he'll expose you to absolute would be a learner and position yourself in every relationship to learn and to grow and to discover. Stop feeling defeated and I'm I'm not getting anywhere. Turn all your your difficult problems into a place of discovery. I don't know. So I'm gonna discover what I need to know to get to the next level because I don't want to stay in the I don't know. I don't want to stay.

I got to learn and I think to a crucial part of that is be open to somebody or are people that you may not typically less and less stray drawn to that maybe not wildly into like religious right. So we get into these. You have to sometimes look outside of your your world and your bubble God is much bigger than some of the churches that people think he's only only in and out. God is a big God and he uses a lot of different people.

He really does. And that pathway that taking into unique place in God's used people that are nothing like me. To speak life into my life. Many unexpected people absolutely. So that's important. Then lastly which cannot be negated is that if you really want to be well you become a person who takes action that you're going to take action steps to begin to move out of where you are to where you need to be.

Now this may hit a couple different areas. One is you take action on decisions what decisions and choices am I going to make today. There's one thing that you always have the power to decide and that's your attitude and your perspective. That is it was a major transformative thing in my life is that every day I can choose my attitude.

I can't choose how people respond. Situations happen. I can choose my attitude. I can choose my posture. I can choose what I will focus on today. The story I listen to all those kinds of things. What are the new alignments and relationships that you need. You may need to ditch some toxic people in your life you may need to get certain family members out of your ear you may need to get certain that such a Sives neighbors people that every time you get around them they're sucking you into the vortex of your old ways or they're keeping you stuck and they're just wanting their devils and your devils to just have a party together what we have to remember too that in our junk and the stuff the patterns of our life we've grabbed gravitated towards people that would validate those things not necessarily make us feel good then we walk away and we're complaining.

All they do is complain with me and we complain about those people. But you've you've enjoyed it. I actually enjoy maybe not be the word but you've you've engaged in these things because you wanted validation for your pain and is comfortable and it may be time to get honest with yourself about why you're even talking to these people.

Right. True. And we in order to be well we have to get around people that cause us to rise up now to cause us to go OK. There's another level there's another level here because we can very easily tolerate interactions that don't challenge us. And if you have no one in your life that challenges you that sharpens you then you may want to really re-evaluate your relationship circle.

Yeah absolutely. So there's new environments you're going to need to probably connect to. I remember it reminds me of a story where Jesus had a blind man and there's this little phrase.

It's kind of interesting. Jesus took him out of the city laid hands on him and healed them.

And you you ever do that you really get pay attention as those statements took him out of his environment. There was something about this guy needs to get out of his environment. For this healing process to be effective for whatever reason. Sometimes that to happen in your life you need a new circle of relationships or a new environment or an abusive environment that you need to say enough is enough. I got to get out of this and I need to get into an arena of healthier people because you can't expect yourself to just think better and be more empowered when you can get pulled into the sludge in your relationship. Absolutely. So this is I would recommend this episode to anyone who gets help for me.

Anyone who wants help. This is the critical subject of what it means to really be healed free and transform to live awakened from the heart and a heart fully alive. It's going to be the subject right here. Go over these seven points. Share it with somebody and allow it to have an awakening to your heart and life and I know it's going to change your relationships. So I pray God blesses us and I pray he empowers you to get out of where you feel stuck. Gets out of where you feel chained victimized or where you're stuck in at times feeling sorry for yourself and that you'd step into the freedom that's available to you because before we talk about some of the things that your heart needs and addressing the broken areas and addressing areas that are bound with got to settle this issue. So on the subject. Absolutely. I pray it's been a blessing to your life.

God bless you. Share this with your friends comment on our site. And we look forward to sharing with you more empowering materials. Absolutely. A very long blessing from.