

"Healing the Heart"
Dallas Willard at Valley Vineyard



Scribe's Comments - The session was transcribed from the audio with good-faith effort but it is not verbatim. The [brackets] & **bold** are the scribe's emphasis.

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Session One - Healing from Brokenness - Part 1 [TOTAL RT - 59:33]

Introduction

Change on the inside is possible, accessible, it comes to us from God. The way to see change, the way to heal the brokenness of human life is by changing on the inside.

We have to act in order for that to happen. This series is about what we can do. Change is not passive. Change is active. There are things that absolutely will work to change you, no matter what the issue is.

Everything that is promised in the scriptures about life in God is possible. And it's a good thing.

I Corinthians 13:4-6

[2:00]

4 Love is patient, love is kind, it isn't jealous, it doesn't brag, it isn't arrogant, **5** it isn't rude, it doesn't seek its own advantage, it isn't irritable, it doesn't keep a record of complaints, **6** it isn't happy with injustice, but it is happy with the truth. **7** Love puts up with all things, trusts in all things, hopes for all things, endures all things.

That's for you. Love does it. What are we to do? We are to receive love into our lives. We can't do it without God, but we don't have to. He's ready.

The Question - "Would we feel safe being like that?"

Most of aren't sure we want that. Do I really want to bear all things?

We have to have a vision of God that will allows us to be enthusiastic about that.

That's where the main change on the inside must occur.

"What's going to happen to me?" is a universal question.

The only answer given in through the Scriptures and the Son of God who came and let it happen to Him.

I'm too old to talk to movements and multitudes. I just talk to individuals. I'm here to talk to you and try to be of help to you on this issue of healing the heart.

All of the wonderful stuff we see in the scripture is there for us. We simply have to find the way in. We have to understand what to do in order for this change on the inside to happen.

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How Our Hearts & Lives are Broken and The Promise of Healing[7:40]

The change comes from how our will is set and a changed mind. We can do that. It's not a killing thing. If we want to change, we have to work.

Will/Spirit - The will is central. The will is the heart. A broken heart is the broken will. That's the story of the human life.

Mind - Fundamentally it is the will but the will works off the mind, what's in your mind has a tremendous influence over what's in your mind, partly because your mind works on your feelings.

Feelings - Your feelings are the interface between you and your world. You ask, "How are you feeling?" not "How are you thinking?" You know that's right up front. (Gal. 5:24 - *"Now those who belong to Christ Jesus have crucified the flesh with its passions and desires."* (NASB))

Body - We have to talk about the body. Our body is intended to be the temple of God. For the person who is not healed, their body is running their life.

Social - We have to talk about the family. It is so crucial in forming the body and the social context.

Soul - He restores my soul.

6th Session - Wholeness of God in the Kingdom and the power of God

The Source of our Brokenness

[13:10]

The source of our brokenness is one simple thing - Self Will.

The **Family** is the source of continued human brokenness.

What causes so much grief in the family is self will.

Self Will - I must have my way no matter what!

It's not "will". Will is a good thing. It has been the Father with an unbroken will was trying to break the will of the child. God gave it to us. The will is our capacity to bring things about - to initiate courses of action to bring things about. It is our creative aspect. God created us to be creators. That's what we're going to be doing for eternity. That's why the Universe is so big so there is room for you to create. [End 16:50]

The will of individuals and groups to get what they want regardless of what it does to others is what continually destroys life...breaks people up.

One of the saddest things is what happens to children in this world. Children have to come to terms with the reality of the world they live in.

[17:30]

Jesus was stern about treating of children. "Better to have a millstone tied around your neck..." (Matthew 18:6)

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Matthew 18:1-6 - **1** At that time the disciples came to Jesus and asked, "Who is the greatest in the kingdom of heaven?" **2** He called a child, whom he put among them, **3** and said, "Truly I tell you, unless you change and become like children, you will never enter the kingdom of heaven. **4** Whoever becomes humble like this child is the greatest in the kingdom of heaven. **5** Whoever welcomes one such child in my name welcomes me. **6** "If any of you put a stumbling block before one of these little ones who believe in me, it would be better for you if a great millstone were fastened around your neck and you were drowned in the depth of the sea.

Matthew 18:10 - "Their angels do always behold the face of my Father who is Heaven." All children is personally cared for by God.

So important because we want to get beyond the brokenness and see the promised that comes from God.

Children can escape the brokenness if they are welcomed in the presence of parents who are not themselves at the mercy of brokenness and are able to make a place of love and generosity and beauty for the child. [19:00]

Jesus, "Repent and become like a child or you can't enter the Kingdom of God." (Matthew 18:3)

We need to give a lot of thought to that when we are talking about this kind of transformation.

Our lives are characterized by thoughts & feeling of **Deficiency** - I won't quite do; of **Desertion** - No one really cares about me. I have to do everything I can to manage them. Even that isn't really going to work.

Dread - Many of our lives are filled with dread. Morning, work, sickness, financial failure, growing old, death. That's how the brokenness spells itself out.

One of the great gifts of healing that comes in Jesus assures us that those who know Him and love His word will never experience **death**. They'll never experience **desertion**. They are sufficient in God. There is really nothing to **dread**.

Do you believe that? Is that really in there? If you really dread nothing because of your knowledge of God, then you're moving out brokenness. You don't think about how deficient you are because you know where your sufficiency is. You know, "*I will never leave you nor forsake you.*"

Hebrews 12:28 - "...a kingdom that can not be shaken."

13:14 - "Seeking a city which is to come..."

2 Cor. 5:1 - "A house not made with hands"

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[22:49] We want to recognize that just profession of faith in Jesus doesn't bring that. Can we be honest about that? There's no reason it should. It was never meant to.

The healing of brokenness comes from a path of discipleship to Jesus not just faith in Him. We have a form of Christianity today that accepts that you can have faith in Christ and not change, not be a disciple. If you don't accept that discipleship, you certainly will not change.

~ ~ ~ ~ ~ *End of the 1st Half of "Healing from Brokenness"* ~ ~ ~ ~ ~

A Disciple is an Apprentice

[24:10]

Think about your faith in Jesus as confidence in Him. If you have confidence in Him, You believe He's right. You believe what He does is good and you want to be in on it. Everything He said and He did you think, I want to learn how to do that. How do you do that?

You can do what needs to be done without thinking about it. You change on the inside and your character becomes that of an apprentice. (e.g., plumber)

* ENVY - Who knows how not to Envy? Someone who has gone thru the process with Jesus.

- Envy is resentment of someone who has something you don't. It is a Siamese twin with covetousness. [26:20]

Can you live without envy? A person who knows what they have in their life in God's world doesn't feel unhappy because someone else has something good.

It's a deprived person who struggles with envy. How do you get out of deprivation? That's where the training comes. It's a process that involves some really difficult moves.

* Pilate understood the Jewish leaders envied Jesus. He had power with the people. They had the authority but everyone hated them. They loved Jesus. They thought He was wonderful. "Nobody talks like this guy!" They decided to kill him because he had what they wanted. They were operating out of deficiency.

We see ourselves forced to take charge of our life and world in whatever way we can resulting in further injuries and disappointments to ourselves and others.

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We say, "I must take charge." That's what Satan said to Eve, "You better take charge because God is not going to look out for you."

* Recess - Children face the dreadful thing called "Recess". It's full of bad stuff. There are young bullies right here taking charge of you. Guns...fists.

Same story happens in board rooms, penthouses, government offices - people taking charge of you.

Machiavelli - It is better for the ruler to be loved or feared? His answer, "Better to be feared."

We live in this broken world. It results in people who are incapable of doing the good they intend to do. I have never met a person who doesn't want to be good. But I've also never met anyone who wasn't ready to do evil with an explanation why being a good person it is necessary to do so. It comes from Self Will. "*I must have _____*."

Remember - will is not bad. Self-Will means I must have my way no matter what happens. That's putting oneself in the place of God. That's why "Covetous is idolatry." Who is the god? I am the idol.

Covetousness is a major part of the picture of brokenness. The pattern is moral failure. We have lack of peace, joy, contentment and little or no productivity of good. The good we intend to do escapes our hand.

~ Mark 7 - From within out of the heart precede evil... [35:30]

~ Galatians 5:17, "For the flesh sets its desire against the Spirit, and the Spirit against the flesh; for these are in opposition to one another, so that you may not do the things that you please."

Why? Because you are broken. Am I genuinely full of joy & peace?

The nail we need to hit the hardest - Circumstances do not determine joy, peace, happiness & contentment.

Brokenness comes from self will complicated by education, history of the world that lies back of us, years of practice, our family.

I assumed for much of my life I was going to lead a hidden life, to hide myself from people.

* The Wizard of Oz - It's me behind the curtain. [39:00]

Because of the brokenness we develop a place to hide. Actually it is in our bodies.

* Shakespeare, "God has given you one face and you make yourself another one."

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God is always reaching out to us humans in our brokenness [40:20]

It is hard to believe that He can love everyone...and He does.

* A lost child? Find it!

In God's eyes, we are all toddlers. We have to repent and become like that. No matter how I have fixed my face, I'm still a toddler. Now matter how I've hidden my vulnerability, I'm still a toddler. The wonderful thing is God comes in to heal the broken hearted.

Isaiah 61 - "The Spirit of the Lord is upon me." [42:45]

Now is your chance. God is taking people in.

Luke 4 - He launched his ministry. He is running for office as Messiah. He has already been elected. Never lose the wonder of John 3:16, "*God so loved the world that He gave His son.*"

God's heart is broken over lost human beings. God so love the world He gave His son to the world that those who put their confidence in Him would not lead a futile and failing life but will receive the very kind of life God has in Him.

Eternal life is not just long. Eternal life is the quality of God's life.

We are given the opportunity to receive that blind, stumbling, sleep walking, walking backwards, falling forwards as we receive this life of God.

When you watch people receive it, you see how ridiculous it often is how we come but that's how they come. I am ridiculous. That helps us get out of the position, "I have to take charge of my life and make it work."

The submission of my will to God is the first step. To abandon my project of running the world. I don't run it. God runs it.

The Bible is a powerfully, penetrating understanding of reality.

Jesus says, "If you would save your life, you will lose it."

He was looking at the human scene of brokenness. Full of illusions, obsessive feelings, silly certainties. "If you will lose your life for my sake and the good news, you will find it." That's the healing we're talking about. It works by walking with Jesus constantly.

Psalm 23 [48:10]

"The Lord is my shepherd. I shall not lack."

Wait a minute. Really? The Lord is my shepherd. I'm not going to miss out on anything important. All those things I thought I better take charge... wont' matter.

"Lies down in green pastures" - A full sheep lies down in green pastures.

"Besides still waters" - A sheep won't drink out of water that is rushing and turbulent. I can walk by still water because I'm already quenched.

"He restores my soul." The soul is the deep part of you.

"I will not be afraid" - I am not alone.

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"...before my enemies" - I might even invite my enemies to eat with me.

Unpacking the Essential Parts of the Human Being [55:00]

Soul, Will, Mind, Feelings, Body, Social

~ Spirit/Heart/Will - A person in human brokenness is set on their human will. The world is scary enough for the effort to make oneself invulnerable.

~ Mind - The world is filled with all sorts of bad stuff. What's going to happen to me? Terrible things are going to happen to me. People are dying. Being deserted by their lovers, children, friends and winding up alone. Thinking about that. What's going to happen to me?

~ Feelings - The will has to work off those. If you're feelings and thoughts are in a mess, your will is in trouble. If you know the wrong things and your feelings are messed up, your will is "dead in trespasses and sin."

~ Body - Set to do the wrong thing before you think about it.

~ Social - Governed by the processes of attack and withdrawal - the two primary forms of social relations of brokenness in humanity.

"Do unto others before they do unto you."

~ Soul - So disconnected leaving no coherence because it integrates the primary aspects of your life and it makes you one person. The normal broken person is running in all sorts of directions.

Healing from Brokenness - Part 2 of Session 1 [TOTAL RT - 15:00]

The Soul is the deepest part of you and it makes the whole thing work. The Good shepherd comes. We give ourselves to him. We began to trust him and there begins to be recovery. "Change me on the inside."

God wants to change us. It is always the case this it is His that is the initiative. **The real issue for us is what shall we do to meet the grace of God for healing and wholeness in every aspect of us.**

We know about going to church, hearing sermons, giving, witnessing. What is normally recommended is not enough. Attending rip-snorting services will not change your life. The best of preachers preaching at you will not change your life. If you have received the Spirit of God in the birth from above, you are now related to Jesus Christ in trust, confidence, expectation

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and hope on your side and the supplying, guiding, teaching in the circumstances from His side. That is what is called a personal relation.

When you go to Heaven, their not going to check your computer to see if all your sins are paid for. The question will be, "Are you a friend of Jesus?" Not is He a friend of yours? He is a friend of everybody. Have you drawn close to Him so that the transformation that has gone on inside has remarkably changed you that you no longer to struggle with the outside. You have cleaned the inside of the cup. The outside will be cleaned in the process.

If you are like that, this world is a perfectly safe place for you to be. That's why Jesus says, "Don't worry about tomorrow". Why? Because your Father is looking out after you. The Lord is my Shepherd. That's why Jesus says, "Don't worry." Or Paul says, "Don't be anxious for anything." That's the only thing that allows the bad stuff in your being to begin to move out.

As you do that you will have a character that can bear the power of God. The universe is full of power. The character has not advanced with the power. We now know that exists in the Universe. We have to recognize the first issue is character. That's what happens as you transform your mind.

"It's unthinkable." A person with good sense won't even have that thought. You have to work on the mind.

* Heathrow Airport Sign - "Don't Even Think of Parking Here"

What you can think of turns out to be very deeply indicative of your character. When it comes to sin you have the thought. That is not a sin. It's not even a temptation. Temptation is an inclination. You don't do it perhaps. But why don't you? Would you do it if you could get away with it? Those are character issues.

If you want to stay out of sin, first stay out of temptation. Even better, be the kind of person who doesn't even think of it. We can become that. Our thoughts are a reflection of the experience we are having as we go through life.

* Innocence - going thru childhood who doesn't even think of or see it.

We work on the inside of our being. All the dimensions from our will to our soul when we are met by the Spirit of God and together we change. You find there are certain things you can't even think of. You can now not think of it but you're changing. We want to stay off the path of sin.

That's where "choice" comes in. We can talk forever about change without really wanting it. When we talk about our mind, we talk about how our ego gets identified with how we think about things. That's where people are

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wedded to their opinions. We have to be redeemed and delivered from our own opinions. I might not be very enthusiastic about that.

Assignment

[10:35]

Work thoughtfully & prayerfully through Psalm 23 three times daily.

The first stage in this process is the transformation of our thought life under the direction of the Spirit of God. The Spirit won't memorize it for you.

Don't make a job out of it. Enjoy it. Let it roll over you.

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Session Two - The Thought Life - Part 1

[TOTAL RT - 48:02]

Introduction - Gives you a sense of how change works. **When we try to change ourselves, normally we fail because we focus on what we want to change instead of changing what causes what we want to change.** "Healing the heart" - taking the center of the personality and bringing it to God. Out from the heart let healing come to all parts of the person. To enable the heart to function properly, we have to change the other aspects.

This Session - Thought. It tough to separate them because thought and feelings interact.

Next Session - Feelings are one of the hardest things to deal with. The ordinary person, Christian or not, is normally trapped by their feelings. That's why we in this country are such an addictive society because we have essentially conceded to feelings the right to rule our lives. We can only handle that if we have dealt with thoughts.

Summary: The Theme - Human life is increasingly made whole by living in interactive relationship with Jesus. **The healing of the heart by walking daily with Jesus Christ.**

To begin with, we are broken. The character we have as human beings lies essentially fundamentally in self will that is essentially destructive. That leaves us where we don't work. "Broken" means we don't work.

Galatians 5 - *The picture of the brokenness.*

Paul really does lay stuff on the line. Read Paul as a social scientist, psychologist, historian. We have this problem. We read the Bible like it's a different category. This is basic instruction about the realities of human life.

Conflict between the flesh and the spirit. Brokenness 101.

5:17 - *Flesh sets it desire against the spirit and the spirit against the flesh so that you may not do the things you want to do.*

Three Dimensions of Brokenness

I. Moral Failure - Unhappiness and inability to accomplish the things before you - to do what is right. Fear is why people don't tell the truth. People don't tell the truth because of fear of not getting what we want.

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The Lord is my Shepherd (**Psalm 23**) so I will not lack, so I can tell the truth. I can actually pay attention to other people and not just be thinking about how they affect me.

II. Unhappiness - Inability to do what you want, to be happy.
People can't find rest & peace.

III. How can I accomplish the good?

Good - Creating good things. Being a blessing to others. Accomplishing the good. Achieving the aspirations of my heart to account for something that is good. Everyone wants to leave the world a better place than how we found it. Having a desire to create what is good. We can't do that on our own. Self-will as it comes in breaks us up.

Here is the outcome - The deeds of the flesh are evident - Gal. 5:17-21

When we live from self-will, we have to resort to these things in order to succeed in our project of getting what we want. This is the natural outcome of a life that is devoted to getting what I want.

In contrast - Fruit of the Spirit - Galatians 5:22

Why is it called fruit? These only come from the deep character of a person. Love, Joy, Peace...

- Joy - A pervasive sense of well being. It goes with peace.
- Peace is real peace when it hits your body. We have an epidemic of sleeplessness in this country. It's really tied to the lack of peace.

These come from the transformation from the change on the inside. That goes beyond modifying behavior.

- * Aristotle - How to have people who are able to do the right thing and be happy. The universal problem.
- * OT - Psalms & the Law - a life that can do the things that are right and know the power of God and realize it.
- * Jesus - The Law and the nature of God. The Psalms. That's a life than can produce people who know the power of God.

[Diagram of the Six Dimensions of the Whole Person]

[11:30]

These are the dimensions of the human self that work together. The basic problem is that is permeated with "me, me, me" not "God, God, God." That's why the law is summed up with the [Shema] love God with all your heart, mind, soul & strength and your neighbor as yourself.

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"Be sanctified in your whole body, soul & spirit." I Thessalonians 5:23

"Now may the God of peace Himself sanctify you entirely; and may your spirit and soul and body be preserved complete, without blame at the coming of our Lord Jesus Christ."

The spirit is the Executive Center - It is the will. The basic problem of the Will is it is directed at getting my own way.

[13:45] - **The Word and Spirit of Christ comes into my mind and my mind can change my spirit. Having that I am able to relate back to God. The primary function of the will is to trust God.** To turn away from God and trust oneself is the root of all corruption.

"I am my shepherd. I am in real trouble."

When I have turned back to the Lord and now His power is working in me and my heart is working correctly, then I have to deal with the rest of the story. God constantly reaches out to everyone. God is looking for people who are looking for people who will worship Him in spirit and in truth. **Many of the people who have been most holy and powerful in the life of Christ are the people didn't find God in church.**

- * CS Lewis - When he got in his brother's motorcycle sidecar he was an unbeliever. When he got out, he was.
- * Muslims - Finding Christ because He is appearing to them. In all ways He is always reaching out. The constant goodness of God, "Don't be anxious because God cares for you, God loves you." (Matthew 6) That is the avenue towards healing as we find our way out of the brokenness of our human lives.

Salvation

[16:55]

You can be wrong about a lot of things about God and still trust Him. You don't have to have all your doctrines straight. The only thing you have to have in your thought is, "Jesus is really it. Jesus is the greatest." If you have that confidence in you, you call out to Him, and begin to act in that confidence, no matter how wrong you may be, or uninformed you may be about doctrines, He will pull you straight.

You're not saved because you're right in your doctrine. If anything you're right in your doctrine because you're saved. **It is only the living relationship to Jesus that can actually pull us straight and begin to**

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help us find our way in Him towards the fullness that is in Christ.

[17:58]

"Whosoever shall call on the Lord shall be saved." (Acts 2:21; Joel 2:32)

That's what it takes. That's the turn away from oneself. It's very practical. It's not mainly theological. You can begin where you are, no matter where you are, who you are, no matter who you are and being to say, "I will trust Jesus at this point." When one does that, Christ finds you. That begins the interactive relationship which is eternal life. Eternal life is now in session. It isn't future, it is now. Like the Kingdom of God, there will be some changes and advances but it's here now. That's what Jesus preached. When we put our confidence in Him, He brings into the Kingdom of God thru the new birth. From that point of view, all the wonderful promises that God gives and we see in Jesus Christ become real.

We are able to do what is right.

We are happy.

We can even be content no matter what our circumstances are.

That's the secret of the 23rd Psalm - placing the saving faith that puts God back on the throne. Through Jesus, we are believers in God. He is the one who helps us really understand what God is really like. We see that God raised Him from the dead. We realize He is now present in our life. Whatever place in our life...we began to understand that Jesus is right there with us and He is in action. As long as we're on the throne, He'll let us run it. But when we abandon the throne and say I am going to turn my life loose and let Him run it, things begin to change.

[20:30] - Our efforts meets with His Spirit. We don't become passive.

* "Open the eyes of our heart, Lord."

Can we open the eyes of our hearts? Not by ourselves but with God. It is something for us to do. We pray for this to happen but yet, we devote ourselves to it. When we pray, "Open the eyes of my heart, Lord." The question comes back, "What are you looking at now?"

Our effort meets with His Spirit and grace progressively redeems every dimension of the SELF and we increasingly love God in the way that Jesus said.

This is what is called "working out our salvation." Salvation is your relationship to God. Salvation is not something that is going to happen to you later. Salvation is deliverance. Deliverance is now. Whatever circumstances we are in, primarily the broken condition of human life.

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Deliverance is from the broken condition of human life. Heaven when you die is a natural consequence of that. Your salvation is that relationship out of which healing comes.

It has brought the news of the availability of Jesus. He really will be my shepherd and I don't have to take the job on myself. When I say "Yes" I want it to be that way. That relationship that is our salvation is established. Many think salvation is having Heaven nailed down. Heaven will be nailed down because you have a relationship with Jesus and trust in His Father. It will be nailed down not because there is a transfer of credit. It is nailed down because you have a vital relationship with Jesus.

"Since, then, you have been raised with Christ, set your hearts on things above, where Christ is, seated at the right hand of God. Set your minds on things above, not on earthly things." (Colossians 3:1-2)

There is a life with us that is not of us. We are sharing the life of Jesus. Jesus is alive and acting in this Universe with the Holy Spirit and with His Father, and that wonderful, divine community is actually conducting the Universe. We are permitted to come into union with that. My eternal life is when I immerse what I am doing with what God is doing. My life becomes a part of God's life and that's what makes it eternal.

When that happens, there is still work to do. Working out our salvation in fear and trembling. God is working with you. You need to be conscious of that and not arrogant or presumptuous. I must be attentive to what God is doing today with me.

"Fear and trembling" is not something dreadful that is about to happen to you. It is something that comes upon us because of the preciousness of what we're working with. Watch a father hold a new born baby for the first time. Anytime dealing with something tremendously precious, you're concerned to do the right thing with it. Because God is working with my life today, I want to be sure and make a place for Him. I want to be sure to follow His instructions as best I know. I want to be sure to ask Him to change me on the inside. I am going to do the things that may change me on the inside also.

That's where we come to the thought life and the feelings. The thought life and the feelings are absolutely essential for things to happen.

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The Thought Life - Images, Preoccupations, Habitual Thinking [26:45]

Images - "The Lord is my Shepherd" can make a tremendous difference.

Psalm 23 covers everything

Is "Lord as Shepherd" the image that occupies my mind?

Is that how I see myself in the world? Is that image constantly present in my mind? Or the image of being forsaken by the world?

Patterns of our interpretation of events - a smile, frown, handshake, something someone said - is a part of our thinking. We know how harmful it can be to misinterpret gestures, facial appearance, words. The world is full of animosity, distancing, attack and anger because of the way we interpret things that happen to us.

Ephesians 5:26, "Washing of the water of the Word" [30:00]

"...just as Christ loved the church and gave himself up for her to make her holy, cleansing her by the washing with water through the word..."

It applies to the Church. It's good to sometimes thinking of ourselves needing a washing. The washing of the water of the Word...takes all of the images the harmful ways of interpreting and thinking that make up the ordinary person's mind and in place of that puts other things.

II Corinthians 10:3-4 - "**3** For though we walk in the flesh, we do not war in terms of the flesh, **4** for the weapons of our warfare are not of the flesh, but divinely powerful for the destruction of fortresses."

Our minds have **strongholds** in them. [31:35]

People of Galatians 5 have mental strongholds of what they are doing. Nearly all of them are devoted to serve to justify what they are doing.

* Reading a book review; it states about the author, "...perhaps the most important element about her life is her lesbianism." I hope you won't introduce me as "One of the world's leading heterosexuals." But **in our culture because it is a sensualist culture that is devoted to people's feelings, people's feelings are elevated to the most important element in our lives.** What about her family? The work she was trying to do? Writer? Help the world be a better place? isn't that more important than sexuality?

We live today with a massive stronghold on this point... a reflection of the sensual nature of our culture. Just watch the advertisements on television.

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One of the things that most amazes me is the way cars are advertised on TV. They actually sing love songs to them. "Someday my love will come along."

As long as a person's mind are tied in knots with these things, they can not think straight about their life. What does it matter what kind of car you drive? It doesn't matter an awful lot.

Paul is addressing the strongholds: Verse 5 - "We are destroying speculations and every lofty thing raised up against the knowledge of God, and we are taking every thought captive to the obedience of Christ..."

The rationalizations of the world have to be overcome. The world will say, "No, the Lord is not your shepherd. You must be a fool."

The worldly wisdom will begin to role of what you might do to to prove your very smart. Then you have to say, "My being smart is not the issue here." For many people it is. It becomes an ego thing. Many people are permanently stopped int their prayer life. They pray and God answers and they say, "Maybe that was a coincidence..." God normally doesn't speak in an overwhelming voice. You don't know God's voice. You have to learn it. You think, "Maybe it's just my thought." And then you won't obey.

The important thing is we don't exalt our own thinking and our own smartness as a way of trying to run of our lives.

* Frank Laubach, *Letters from a Modern Mystic* [37:20]

"How would it be if I were able to submit myself to God moment by moment?"

Things don't disappear from your mind immediately. They stay there for a while and continue to affect you. He decided he would try to turn his mind back to God once a minute. A hymn, a symbol, a simple prayer "Hallowed by they name". He chose to think on God.

- - This is the heart of the the teaching tonight. This is something we must choose to do and do it. We can keep God present before our minds, if we want to. We have to choose that.

Frank chose to do this. You can turn your mind to God and it won't get in the way of what you're doing. Many of you know this by the way you drive. You can do a number of things at the same time. It's a matter of habit. If you worry, you just do it by habit, you keep worrying, you keep thinking about it no matter what your'e doing. Turn you mind back to God and that will keep God in your consciousness.

"I have set the Lord as always before me. He is at my right hand. I shall not be moved." **Psalm 16:8**

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The choice is - **"What do I really want to accomplish in my life with God? Would I like to have the sense of walking with the great Lord as my Shepherd?"** He will not force His presence on you. He will not compete for your attention. He says, "Seek me for you shall find me when you seek me with all your heart." That's something for you to do. That doesn't mean you have to do it on your own. That does mean it will not be done for you. Frank Laubach took that seriously.

After 4 weeks, Laubach says, "I feel simply carried along each hour doing my part in a plan which is far beyond myself. Cooperation with God in the little things. I never have felt it this way before. I need something and turn around to find it there for me. I must work for sure but there is God working along with me."

It requires the habit of constantly turning our mind toward God. [43:50]

Most of us have a habit of thinking something else.

Wouldn't we be better off to have the habit of thinking of God?

Choose what we will think of...is the first freedom that comes to us.

* Even a PRISONER can choose what they will think on. They learn quickly that's the difference between going crazy or staying sane. They learn how to work with their minds to keep themselves alive and to keep themselves from being eaten up by anger, hatred and loneliness. They learn how to direct their mind. I think God hears prisoners and helps them.

When we turn ourselves loose to God at my office, home, wherever I am, I am going to have God before me in my mind. That's a choice!

[Circles of the Person - 6 areas]

If we want to see progress in all those circles, we have to have focus on the mind. Why is that so? The will can only work in terms of the mind. You make your choices in terms of your thoughts and your feelings. What you choose will be determined by what you think. What you think may be determined by what you choose. You have to choose to think of God. We learned what you think may be determined by what you choose. Think of God will enable you to choose everything else. Spiritual growth is not designed to solve particular problems, but it does.

* AA and other programs are designed to modify behavior. They do it very effectively because they understand the sources of behavior. But you can be sober and still be a miserable person.

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What we want is indirection. We change the thinking, feeling, body, social dimensions and the behavior takes care of itself. That's what Paul means when he says, "Love fulfills the law." If you're living out of love, you don't have to say, "Shall I steal or not?" That doesn't come up. If we're going to deal with the behavior we want to stay out of the thought. The way to stay out of the thought is through the renewing or the transforming of the mind.

~ ~ ~ ~ ~

Part 2 of Session Two - The Thought Life

[RT: 20:12]

Problem #1 - Let's be honest. Not everybody can. Some people are so in bondage they can't break out. People who are in bondage to the flesh can't even think the right thoughts. That's why it's important you tell people about Jesus Christ, about God. You bring knowledge, light and information and challenge them to act upon it. Not to accept it thoughtlessly. "Here's what I think, here's what's happened, now, why don't you try that." Let them put it into practice. Then things begin to change.

Some people even if they are told can't help. Often ministry is required of others who have the character and power of Christ and can go to an individual and pray with them and lift the burden they can't manage on their own.

Problem # 2 - Do we really want this?

Do we want a mind filled with God? That really challenges so much that is within us. If I fill my mind with God, there are other things I can't fill it with. Perhaps I don't want to let go of that just yet.

Everything that is held out in the scriptures and the people of God is an ideal that can be realized by anyone who will seek it. All the things that Jesus said are possible. They are good for you and can be done!

* When Sera was asked, "Why when there are so many people talking about spiritual growth there is so little of it?"

He answered, "People pay too much attention to insignificant things."

They let their mind be distracted into other things. That is the curse of human life. What lies back of it is, "I'm not sure I really want this." Their heart is not in it.

Why am I saying this? That's normally when they've backed off putting themselves into it. Their heart is not in it. We are wedded to our ways of thinking, what we really want, what we really need. To say, "I want to fill my mind with God, to retain God in my knowledge" is what Paul says in

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Romans 1 - "*They refuse to retain God in their knowledge.*" They wanted other things.

Psalm 1

[4:40]

1 "How blessed is the man who does not walk in the counsel of the wicked,
Nor stand in the path of sinners,
Nor sit in the seat of scoffers!

2 But his delight is in the law of the Lord,
And in His law he meditates day and night.

3 He will be like a tree *firmly* planted by streams of water,
Which yields its fruit in its season
And its leaf does not wither;
And in whatever he does, he prospers."

The Law of the Lord is teaching about the nature of God.

Psalm 23 is a reflection when that takes place.

Law in the Psalms as a wonderful treasure.

"Better than gold." "Sweeter than honey."

If it's that delightful, perhaps I could give up my other ways of thinking and let my mind be full of that. Something will be in your mind - Jesus, Law, the good things God has done for you. Then your whole being will respond to that. If you pull those out, something will be in their place.

* Separation of Church & State - 10 Commandments in public?

"These are not good things." These people don't delight in the law.

If you take them away, something else take it's place.

* Colson at a High School, Why not put up a sign, "Thou shall not steal"?

Do I really want those other things? What if my life was full of Jesus Christ? What would I be like if I was constantly looking for Him to be present?

I have to deal with this problem. There is something very deep here. It has to deal with, "I want to lead my life." I have been raised up to think If I am going to lead my life, I have to put God aside." Am I cornered? Can I still sin if I want to? You can. **God is allowing you to live with Him in such a way that your want is changed.** That is a process i have to work that through that I have to really want to not sin. Think it's really bad for you.

* I could stick a pen in my eye. I could. But I really don't want to.

* Could God sin? He could but he doesn't because He's too smart [12:40]

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It's really by entering in the goodness of God and His Kingdom and knowing the action of God with you as you go through day by day that you feel comfortable, break the habit of not being comfortable in the God world. For a while, we'll have to pray now that God will help us think like we don't necessarily want to think. We have to make efforts to change that. We have to will and to pray. Sometimes you're not willing but you're willing to be willing. [Lord, lead me not into temptation.] "Lord, I'm not really willing, but I'm willing to be made willing." We can say quite honestly, "I'm not bothered by what people can do to me. I'll take reasonable steps.

* I'll put a lock on the door but I'm not trusting the lock, I will trust God.

* Health - Be reasonable, do the things that are good for health but I will trust God. If I have an affliction, I'm not just going to go to the doctor, I am going to pray and come to the fellowship of the church and ask them to pray hoping they know how to move with God to make a difference in my world. That's what it means to say, "The Lord is my Shepherd."

I do the things that I know are right and good but my trust is in the Lord. To trust the Lord, my thoughts have to be absorbed in Him. No matter what is happening, there is always the Lord right there.

* Images - The Cross & the Empty Tomb.

You need to use "Redeemed Images" to help you along the way.

Our feelings can stop us. That is apt to happen. It is a huge issue in the spiritual life. That's the other part of our mind. If we're going to have renewal, we have to deal with that. In the mean time, let's practice dealing our minds to God the best we can. Continue to work with Psalm 23.

Focus this week - Becoming a Thankful Person

"In everything give thanks; for this is God's will for you in Christ Jesus."
(I Thessalonians 5:18)

This is going to be taxing on your mind.

* Losing my keys at night at USC. I was in good company with the Lord. Everything came out right. The difference was my experience as I went through it. Walking in the dark in the neighborhood around USC is an... opportunity.

Be thankful for wherever you are, you are in His care. Work with your mind! Then use as a focus "Giving thanks" not 'for' everything but 'in' everything.

(*) The path forward towards the healing of the heart means the renovation of the mind. That lays a foundation for your will to act differently.

~ ~ ~ End of Session Two ~ ~ ~

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Session Three - "Feelings" - Part 1

[RT - 34:45]

Sidebar Commentary on "Titles"

I'm called Dr. Willard but I'm one of those doctors who can't do anybody any good. Jesus said some things about that. I'm very content if you just call me Dallas. I don't want to make a thing about it. We're all standing on a level. Jesus talked about that. It really does make a difference. What I have to give to you is not some kind of specialist thing that I learned in school. My credentials mean nothing. When we are serving Jesus, the only thing that means anything is what is going to happen now. What we're hoping to see come out of this can only be accomplished if we do our best but the blessing of God falls and touches lives and changes on the inside.

Purpose of the Teaching -

"I'm hoping to lead you into an easy life of righteousness and joy. That's what Jesus came to give."

* Johnny Cash song - "The beast in me is caged in frail and fragile bars."
[YouTube - <https://www.youtube.com/watch?v=T8tGCVavS5s>]

That's the picture. We're holding it in. Let it out. Someone like that is holding onto an identity they have conceived in their minds. You keep feeding the beast. You don't have to do that. The Beast is primarily thoughts & feelings.

Next week - The body is out of control in a social context dominated by human evil designed to destroy human life.

We're talking about changing how we think and how we feel. Giving thanks in everything is a real challenge.

The way of Christ is all real. There is not a single thing that happens in this world that is not redeemable.

Romans 8:28 - "And we know that God causes all things to work together for good to those who love God, to those who are called according to His purpose."

All things work together for the good doesn't mean all things are good. There's some bad stuff. I did a little bit of it. We acknowledge pain, death, disappointment. In the midst of that we acknowledge everything works together for the good for those who love God and are called into His

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purposes. That is what enables us no matter what is happening to give thanks.

We become angry and unforgiving. We get fixed on the bad stuff. Superior in our outlook to defend ourselves. Often we get fixed on the bad things that happen to us. The bad stuff is pulling our own soul.

- * The Discipline of Celebration - When we remember the good things.
"If on life's billows, you are tempest tossed.
Do not be discouraged thinking "All is lost."
Count your many blessings. Name them one by one.
And it will surprise what the Lord has done."

Looking at the good stuff. "Whoa, I'm surprised!" Making a choice where you are going to put your mind. What are you going to be focused on. That's your first freedom.

The first thing we begin to focus on is Jesus Christ and the God that reveals Himself in Him.

Romans 5:8, "*God recommends (demonstrates) his love to us.*"
Jesus is God's letter of recommendation.

- * Noriego or Jeffery Dahmer repenting and being forgiven

The goodness of God as seen in the person of Jesus Christ. We have to turn our minds there and live there. But we don't want to stop there. Many of our thoughts have locked us into feelings. Once they get a hold of us they begin to control our thoughts. If we are not wary, help, teaching, the grace of God, our feelings will capture our thoughts. [9:00]

When that happens, our thoughts turn towards ourselves and bad things and we become incapable of trusting God. We wind up trying to run our own lives and that's where the works of the flesh (Galatians 5) come in.

Philippians 4

[9:45]

- * Prison = chained to a soldier, a "Terminator" rough guy

v. 13 - "I can do all things thru Christ..." starts with "Rejoice" (v.4)

..."Don't be anxious"

..."think about these things"; Whatever is beautiful/lovely." (v. 8)

All the goodness of the world - turn your mind to that.

- * Beauty - It's impossible to look at beauty and not be thankful.

Beauty is good made present to our senses. When you look at beauty, you are thankful for good and good things that come through that.

v. 9 - Practice those things and the God of peace will be with you.

- * Paul really had a rough life.

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v. 11 - "Not that I speak from want (Psalm 23), I have **learned** to be content in whatever circumstances I am in. The secret I have learned..."

Now v. 13 - "all things thru Christ who strengthens me"

Being content means not being dominated by your feelings. I am contained. Feelings when they come on you, you're not contained. Your feelings are splattered all over the wall. He has learned how to take the circumstances with thoughts so focused on Christ, God and what is good, means he is not victimized by his feelings.

Summarize the Three Main Positing Thoughts:

- 1) Who God is - All powerful Father, King, Shepherd, Savior
- 2) Who I am
- 3) The good things God has made and given to me

1) *Who God is* - [THEOLOGY] Let the worst happen - crucifixion and then know the best - resurrection. It takes evil and turns it into good. The Kingdom of God is present in our lives through grace of God and overcomes all of evil and turns it into good.

2) *Who I am* - [IDENTITY] Understand who God is and then the most important part is to see us as God sees us. What are you in God's view? He has a place for you in His Universe. He did not make you just to be a consumer of goods but a participant.

I am an unceasing spiritual being with an eternal destiny in God's great Universe. [19:45]

You have a future out in front of you.

The most important thing God gets out of your life is the person you become.

It's going to turn out to be even greater because we have sinned. God's plan did not suddenly cut down because the budget shrunk - because we sinned. He will find a way to you make your future even greater that it would have been because you sinned. The mystery of who God is and what His world is about will be clearer because of redemption. We often think some things are so bad that it's the end of the world. No, no, wait & see. But you have to give it to God.

Once we get the first thought fixed (Who God is), to see ourselves as God see us in this world, then nothing that happens can change that.

Moral failure, unhappiness, not being able to accomplish the good will work themselves out.

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3) *The Good Things God has given me and placed around me - [WELL BEING]* This is where our minds should be.

If I am unable to believe God has done well by me, I will not be able to love and trust Him. That's where the big clean up has to go on in our minds. The things down through the years that have happened, the things that would make us think that I have not been served well by God. The choices God made for me have not been for my good. I'm not denying that bad things happened. You take the whole life and say by faith, "God has done well by me." Then it begins to come into focus. Until you're able to say that on the basis of #1 & #2, our thoughts will continually be dragged down into feelings that are deadly for us.

Feelings

[24:30]

[\["Feelings" song\]](#)

We worship feelings. We want to feel. Getting a buzz is a feeling.

Alcohol, drugs, sex, anger - are deeply rooted in our body.

Realize feelings pervade and structure ourself and world and poise it for a relevant range of actions. Feelings are absolutely essential to action and we are active beings. We are made to act. If you just had to do it with thought, it would not happen. When you feel good, life flows. When we feel bad, we experience opposition and resistance. "It's a real drag." You have to pull it along. It's not flowing. If we feel blah, we're stuck. We hardly move.

This becomes a vicious cycle. [Cycle diagram]

Feelings move us and incline us to will. You can not will without feeling. We say it's just willpower. It's not just willpower. You can't live by willpower.

Laziness is a deeper problem where the will has been isolated from thoughts & feelings that allow it to function freely.

That's a part of the image of God in you. God created you as an active being to create good. Genesis 1 - "Have dominion." The image in you is not your mind, it is your will. In all creation, the only thing that has a will is a person.

* Chimpanzee's feelings & thoughts

It can't be left to thought. Without real thought and right thought we're in trouble but you have to have feelings to guide and generally they do guide in ways that realize good beyond thought. If all you could do was thought, you'd think too much.

* Marriage - A desire that guides us not just thought.

* Eating - Think of having to eat just because it is time to eat.

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God has designed us with our will right down in the center of our thoughts and our feelings. **We have to have right thoughts to guide because we can't allow our desires to define what is good.**

That's the situation we're in today. People define good by what is desired. We have to understand the place of thought and the place of emotion. Generally in a fallen world the feelings that are present are set against God. They are focused on the self. The first face of brokenness is in our feelings.

In the news, most bad things happen because of feelings. If the thoughts had been right, perhaps many of them would have not happened. In this world, the terrible pain and suffering that people live through at the level of feelings is the first face of brokenness. That's where we begin to take it out on others, always those nearest to us. Families are organized around the pain of one or more members and acting out on that pain.

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Session Three - Feelings - part 2

[Run Time - 42:50]

"Although feelings are basically good in the form that they have assumed they do tremendous harm."

* Art - What makes Art interesting is the brokenness of human life.

Contrast between good & evil.

Aristotle - "Art is cathartic and helps us purge the deadly emotions."

Religion - Substituted for Art in the intellectual.

We suffer today because the field of Art has been corrupted. It has lost its purpose of healing and revelation of truth and now it just wants to get attention. The real problem of sex & violence is not moral it's aesthetic. They can't get the contrast right and use evil to reveal good.

Churches - The artist often has the hardest time. What happens if the people of God do not redeem art by their presence, it's taken over by evil and used with tremendous force.

Feelings are good but they are twisted and broken.

Talking about Sensations, Feelings & Emotions - pain, hunger, sexual desire, weariness, comfort, gratified desire, energetic life, being left out, feeling loved, loving, anger, joy, being interested, bored, fear, safe, greed, resentment, vengefulness, adoration

Feelings always involve inclinations to good or evil. [4:40]

Confusion on this matter defeats a lot of people before they do anything wrong. Many people don't understand that the thought of sin is not sin. Just the thought is not a sin, it's not even a temptation. The temptation is when we have an inclination to do it, a tug, a pull, to move us in that direction. Temptation also is not sin. Temptation is something we can let go over into the willingness to sin. Clearest teaching is what Jesus said about adultery.

* Adultery - Mt. 5 - "Looking for the purpose of lusting." [6:30]

Not enough just to avoid the action. Not having the thought. Not even being tempted. That's the person who would be willing if the circumstances were right. That person has already sinned. It's very important to understand where that happens. If we want to stay out of the action, we stay of temptation. One way is to stay out of "thought".

[Sin Progression: 1st Thought 2nd Temptation 3rd Sin]

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* Legalism - We will not see a woman.

Jesus is talking about an inward change where you would not do what he is saying don't do. If you understand that you will know how to stay out of inclination without cutting off "thought". You can learn how to do that towards goodness. Just a thought of goodness is not enough. Just being inclined to goodness is not enough. We want to be in a situation where we are ready to do the good. Where we are poised to do good when the situation arises.

We want to grow to the point when the situation presents itself, when people are doing things that are wrong we would see that as simply crazy. We want to be in a position to say, "Why would anyone want to do that?"

[Sin: 1st Thought 2nd Inclination/Temptation 3rd Poised to Act/Sin
"Good": 1st Thought 2nd Inclination 3rd Seek the Good.]

* "Turn the other cheek."

Why would I want to hit him just because he hit me. We're really talking about changing thoughts & feelings. "Leave vengeance to God." Normally I hit back or verbally before I even think about it. If my thoughts are in such a way that when someone strikes me or criticizes me, I am hurt, I am not thinking rightly about things. My thinking and feeling are messed up. I have to train myself. I recognize the occasion to do what is right. **To recognize the occasion is a major part of what has to happen in thought in feeling before you can do what Jesus said.** You can't do it. You wind up faking it or create a legalism. **You want to become the kind of person who would do that.**

Key to understanding this is decision. We can not allow our lives to be dominated by feelings and emotions. **I have to have decided I will not act on the basis of my feelings.** Not talking about suppressing or denying feelings. Talking about having different feelings. We have to come to the situation where normally our feelings would have thrown us in the wrong direction, they just don't do that anymore because we now have different feelings. If I am tempted...I am now standing in a place where that doesn't seem attractive. Other things seem attractive.

If we concede to feelings the rule of our life, living to gratifying them, they will corrupt our thinking and thought will become crazy and devoted to rationalizing our acts. [14:35]

You might have family like this. Their feelings have commandeered their thoughts. They have to believe their own rationalizations. They have conceded to feelings the right to rule their life. They may not feel like they are alive if they don't do that. Many don't know how to live without them.

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Paul, "Their god is their belly." The belly was the feeling center. They worshipped their feelings. The teaching we have is...**Feelings are Lord. Feelings are holy.**

Today it is enforced that you not hurt someone's feelings is wrong because they don't know the difference between their feelings and themselves. They don't understand that their will is different from their feelings and their whole life has to do with good and not how they feel. We can not allow our lives to be dominated by emotions and feelings. Feelings must serve what is good and not define it.

Good and Desire

How do you establish what is good if not by what is desired? You have to know something other than yourself. You have to know what God is like and you have to know His teaching.

* Truth Telling - Once you get that teaching you discover it is good like truth telling. We need God to tell us to tell the truth. I don't want to tell the truth. "But if I tell the truth, I am out of control. If I tell the truth I will hurt other people's feelings." Well, you're not in charge of other people's feelings. There are many ways to be kind and considerate that is not lying. But you have to trust God.

They are good servants of what is good but horrible masters.

What We Do

[19:25]

1. Identify the feeling pulling us off the course of Christlikeness. Requires prayerful, honest, searching. Often they are not feelings but we think they are reality.
2. Decisively give up their gratification as a ruling aim. Putting ourselves off the kingdom. Allowing God to be God.
3. Pray specifically to God for relief. "Lord, lift this."
4. Take actions appropriate to deny the feelings.
5. Seek the ministry of others to overcome them. Others praying for us.

* Sometimes we need an exorcism.

A demon is simply a compound of thought & feeling that is sufficiently developed to lead a life of it's own.

[21:40]

Sometimes the noun day between things that are not demonic and the things that are is not that clear.

Bring in Jesus Christ and acknowledge the supremacy of Jesus Christ, His death on the Cross and His resurrection will always identify a demonic force.

At the root of it all must be the resignation of living to fulfill our feelings.

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Anger & Contempt

[23:15]

Matthew 5:22, "But I tell you that anyone who is angry with a brother or sister will be subject to judgment."

Contempt is one of the most powerful and destructive feelings in human life.

You can live entirely free of contempt. Contempt means you regard them as worthless. The backside of contempt is pride - they are worse than you. The language of contempt - "Stupid". Many times in the family setting.

I sinned with that word many times in the family setting.

If you have contempt for someone, anger is just natural. You rarely have anger for someone you don't have contempt for. Filthy language is an expression of contempt. You don't need it. You can decide to live your life without contempt. You will not be deprived.

We have a politics of contempt in our culture. Political issues are nearly always loaded with contempt.

* Rush Limbaugh - Steady stream of contempt. "Well, but I'm right."

"Ditto!" is people expressing adulation for him.

There is nothing more illustrative about life than contempt for others.

If you pull contempt out of your life, many of the other negative things will simply disappear.

Anything you can do with anger you can do much better without it.

I'm not talking about denying or repressing but not having it.

"Lay aside anger." (Colossians 3:8)

If you see the Great Shepherd and you see yourself in His world, you can do that. Anger is always a response to a crossed will. If you're living in a world where the will that matter is God's will, when your will is crossed, it will not mean the same thing. I'm not talking about not standing up for what is right. You can stand up for what is right without anger and contempt. You might not ever know it if you observed people.

In Academics...You have to know the right people to have contempt for. If you don't know the right people to be contempt for, then you're contempt-able.

In our world we lost all sense of genuine love and respect for others. We are always running after desire. Getting my way. We have to get off that boat. That's not God's world. I will stand for what's right. They may have to kill me. But they can not make me angry. They can not make me contempt for

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them if I have taken care of letting the mind and personality of Christ move into my life.

The mistake is to think, "I must go out and do that." No. You don't solve problems of contempt by trying not to be contemptuous. You change inwardly. If you live as a servant, you will never be troubled by contempt because you will have...

"Humbled yourself under the mighty hand of God." (I Peter 5:6)

Spiritual Disciplines to Master & Eliminate Feelings [30:20]

Solitude

Silence - comfortable not talking = not having the last word.

If you don't have the last word, they have to think about the last word

Fasting - **To train us to be sweet and strong when we don't get what we want.** When you fast, it will affect everything else. All the "I've got to have this! I deserve this!" is gone. You find out people will take care of you better if you don't do that.

Scripture memorization - we fill our mind with the truth of God. A literal substance. Psalm 23. Find larger portions.

The Fruit of the Spirit does not consist of feelings or emotions but character.

Love is not a feeling. Love is a character. If you want the feeling of love and not the character of love, you will be dopey. If you have the character of love, you will have wonderful feelings.

Joy - A deep sense of well being.

Peace - "Shalom". Wholeness. It doesn't mean, "Nobody is trying to kill me right now." You can rest well, sleep well. Your body is at peace.

The strong feelings that come with these flood our being and drive out the negative feelings.

"There is no fear in love; but perfect love casts out fear, because fear involves punishment, and the one who fears is not perfected in love."

I Jn 4:18

"Perfect love - love brought to completion - casts out fear."

Primary to that is God's love for us.

NOTE: You can not deal with feelings head on. They will always win. Recognize there is a different way of living and move into that. If you want to solve the problem, you can't do that by trying to resist. You have to become a different kind of person. Change thoughts & feelings. As adults, we are responsible for the feelings we have. No one else is.

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What about Pain? - You are not responsible for the pain, but there are better ways of taking it. If you are suffering pain, learn ways of surrendering rather than fighting it. Surrender it to God and learn to pray for it is a much better way to handle it that will allow you to see a blessing.

There is no sin generating feeling or emotion that we can not eliminate or at least master by grace and wise action.

Practice - Ways of Doing That

[37:00]

We do not fail to receive healing of life in Christ because of lack of will. That is so commonly thought. Because of lack of intelligent order and decision in removing the things that defeat will. We have to learn how to apply our will, not just trust our strength of will. The issue is almost never strength of will but rather will misapplied.

If you wish to change, where will you apply your will?

Contempt - You can change. You will have to think differently. A good rerun of the idea of grace and how it works in life. Thinking about other people and they are to be honored and treasured because God honors and cherishes them. That kind of thinking and retraining.

You can not change your thoughts by changing your feelings but you can change your feelings by changing your thoughts.

That's where the will comes in. In any situation of temptation, pay attention to where your thoughts are.

* St. Benedict in a briar patch - struggling with sexual lust. Redirected his mind. You may not want to do that. But if you really want to change, you can find something that will change.

In cooperation with God...praying, invoking Christ and His Kingdom right were you are, no matter what the problem is. But you must act. Those who belong to Jesus Christ have crucified the flesh with it's passions and desires. He who has suffered in the flesh has ceased from sin so as to live the rest of the time in the flesh no longer for human desires but for the will of God.

Does this represent something that has happened in your life. Are you willing for this to happen in your life? We have to decide this is for me. **I am prepared to have my desires, feelings and emotions crucified...to allow God to take over and direct them into ways that are good.**

~ ~ ~ End of Session Three ~ ~ ~

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Session 4, part 1 - The Body and Social Relationships [TOTAL 24:40]

Purpose - Healing of the life by walking with Jesus Christ. We want to understand the reality of it. My hope is you will increasingly slip into the reality. That you will find the power of Christ's presence in everything you do. That's the intent. When we try to live it on our own we make a mess of it.

We don't go this alone. It is always a work of grace.

Grace is God acting in our lives. If "unmerited favor" is all you say, you don't know what it is.

We can live in a place of worship. We work through these areas with grace, learning how to keep God present in our minds and experiencing the reality and feelings of love, joy, peace, hope and faith. That's what transforms us inwardly.

To understand this, worship becomes natural. The mind and feelings are focused on the greatness of God. That's where we learn to live in the greatness of God. "I am with you always." The Lord is with me I shall not fear what they might do to me even if they come and cut my throat. You have to go all the way and turn it loose. We believe God will be constantly with [us].

Worship is the intense focusing of a surrendered will with the mind and feelings on the greatness of God. [4:44]

We move out from the center of the Will and Soul to the Body & Social Context because that is where we live. In the midst of worship we stand secure against sin and evil. That place where we stand and worship is the most powerful discipline of all in the moment. You can not be in rebellion against God when you stand in His presence. When we can't do that we have settled for something less.

Revelation 5:11-13, 11 *Then I looked, and I heard the voice of many angels around the throne and the living creatures and the elders; and the number of them was myriads of myriads, and thousands of thousands, 12 saying with a loud voice, "Worthy is the Lamb that was slain to receive power and riches and wisdom and might and honor and glory and blessing."*

13 *And every created thing which is in heaven and on the earth and under the earth and on the sea, and all things in them, I heard saying,*

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"To Him who sits on the throne, and to the Lamb, be blessing and honor and glory and dominion forever and ever."

When you stand there, all evil is defeated.

Tozer, "Worship: astonished reverence; admiration to the point of wonder."

To learn the secret of being content - learning to live with your mind full of God.

Psalms

"Whom do I have in Heaven but thee?"

"The Lord is my portion." Means the Lord is what I've got!

Learning to live out of that

The Body and Our Relations to Others

[11:30]

The Body is essentially social. Social relations are essentially bodily.

I can't just relate to you spiritually. What is in my body will come out in the relationship. If it's not in my body, I ain't got it yet. We have to understand the centrality of the body to redemption. The body is the primary instrument of evangelization. It's what I bring in my body. Often you have people what they bring in their body contradicts what they say.

"Body Language" - The body is speaking. Eyes, walk, etc. are all expressions of who I am. You can't fake body language. Our body really speaks. If you try to it turns out to be a project.

Social Relationships - The real relationships are more open than we dare imagine. We read one another pretty thoroughly. It's built into the need to really know each other. The sad state of many of our personal relationships is a reflection of who we really are. We have to change way down deep.

1 Peter 2:1-2, "Therefore, putting aside all malice and all deceit and hypocrisy and envy and all slander, **2** like newborn babies, long for the pure milk of the word, so that by it you may grow in respect to salvation"

Ephesians 4:31-32, "Let all bitterness, wrath, anger, clamor, slander be put away from you...forgiving each other just as God in Christ has forgiven you."

What is the mistake I'm most likely to make when I hear this scripture?

"We try to do these things...on our own."

"OK, I'm going to lay aside malice."

The mistake is focusing on the action. Sometimes we have to take action but that's never the solution. The solution is for me is not to be a malicious person. I want to become the kind of person for whom malice is unnatural.

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The world we come into as children is already moving in the wrong direction and we are picked up in it. When evil inhabits that world, I pick it up and I'm ready to do it without thinking.

The Body is potential energy for our action. Your body is your power pack. It is immediately available for you to act from. That's the center of your kingdom. That's where you start from. The body is made for the Lord not for you. You don't own your body. You're not the Lord of your body. Your body was made to be inhabited by God. That's the only way it will work. It needs to live in a world with others inhabited by God. Your body is a Temple. Unfortunately it is degraded by sin.

Romans 1:26-27, "For this reason God gave them over to degrading passions..."

When we turn away from God we invariably turn to the body. That's why sex & violence runs so deep in our culture.

Romans 1 is a story of sensuality in our history. Sensuality is incredibly destructive. When you say, "you can rule my life", you are on a ground you can't win because sensuality is unlimited. You push it more and more. It is not self-limiting.

If you give in, you will be addicted to it. The addict has surrendered their will to feelings. They have said to feelings, "You may rule me." You can find some who go cold turkey off heroin and others are defeated by coffee or Twinkies. The person who can recover says, "I will not relent to my feelings."

Away from God our body is degraded by giving it to its feelings. Many times that happens because we don't take good care of our bodies and respect them and put them to their proper use to serve the Lord. To be dead in trespasses and sin is to be enslaved to our bodies.

* Power Dressing - hope you have more to trust than your power dressing. We put the body up front and use it to get our way. That degrades it.

The quickening that comes when we turn our will to God and born again that reaches to our body also.

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Session 4, part 2 - The Body and Social Relationships [TOTAL 19:29]

Romans 8:7-11 - "...the mind set on the flesh is hostile toward God; for it does not subject itself to the law of God, for it is not even able to do so, **8** and those who are in the flesh cannot please God. **9** However, you are not in the flesh but in the Spirit, if indeed the Spirit of God dwells in you. But if anyone does not have the Spirit of Christ, he does not belong to Him. **10** If Christ is in you, though the body is dead because of sin, yet the spirit is alive because of righteousness. **11** But if the Spirit of Him who raised Jesus from the dead dwells in you, He who raised Christ Jesus from the dead will also give life to your mortal bodies through His Spirit who dwells in you."

To be in the flesh means to live in terms of the body means you can't please God because you have not put Him in the right place in your life.

"Give life to your mortal bodies." (v.11) There is a power at work in you to quicken (give it life) the body. Life is self-sustaining, self directing, self-initiating.

The body in its role as your power pack was created by God and He set it up in such a way that as you live your character and your experience becomes a part of your body.

* Learning to write in school. How hard it was until after a while it was easy.

That's the wonder of being a created being as God created you, you don't have to think about everything you do. That's good, when it's good. It's bad bad when it's bad. [Good tree, bad tree. Good fruit, bad fruit.] When our character and experience is not good, then evil acts automatically enter our bodies and our bodies together in society. This is the condition we have to deal with. That's why so much of human life seems like it is out of control. It is. Indeed, human government is normally impossible to any great extent just because of evil that is present in human life.

That's what Paul means when he says the body is dead because of sin. It's cut off from the only life that enables the body to act as it should.

[Spring, 2016 poll = Gov't corruption was the highest global problem]

The Difference of Sin and Sins

[4:05]

Sin dwells in our body and the automatic tendencies of the social setting.

* Stepping into a social setting and you're being swept along.

Our body is cued to what other people are doing and saying and their body language and we're just swept along. When anger and wrath get going,

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people go crazy. It's not just that we are wrong, we are rung. What comes out in action, comes out before we think about it.

* "Over-driving our headlights." Driving so fast, you can't see where you would be by the time you could stop. That's in our bodies and social relations far beyond what any of our unredeemed character and intentions can mention. [In front of our skiis]

Romans 7:15-17 - Conflict in Paul when He was unredeemed. [6:50]

15 For what I am doing, I do not understand; for I am not practicing what I would like to do, but I am doing the very thing I hate. 16 But if I do the very thing I do not want to do, I agree with the Law, confessing that the Law is good. 17 So now, no longer am I the one doing it, but sin which dwells in me."

Doing the think I intended not to do.

Why was that happening? What made Paul behave in that way.

Key thing to understand...

v. 17, "*no longer am I the one doing it but sin which in dwells me."*

What is this sin that indwells me? It is not just your flesh as a natural thing God has created. It is not sexual desire, loving food, a good nap or good clothes.

Pastor preaching about taking up your cross speaks of a man who heard his sermon carrying his large wife on his back. It's not stuff you don't like.

The habits his body has taken on so it runs on it's own.

Paul, "*It is not me but the sin that dwells within me."*

You have to have your identity to stand somewhere else and say, "That is not me." If you don't have that it will probably beat you to death. Young people struggling with sin are disgusted with themselves.

It is not me. I have a different identity. Like Paul, you can escape the law (regularity, habit) of sin within me. The habits of the body outrun our intentions. Deliverance comes through the Spirit that comes to live in our bodies. Grace enables you to say, "I have a life that is different than this. I can stand in that life."

Paul doesn't live in Romans 7, he lives in **Romans 8:1-3**,

"Therefore there is now no condemnation for those who are in Christ Jesus. 2 For the law of the Spirit of life in Christ Jesus has set you free from the law of sin and of death. 3 For what the Law could not do, weak as it was through the flesh, God did: sending His own Son in the likeness of sinful flesh and as an offering for sin, He condemned sin in the flesh"

Galatians 6:8 - Sow to the Spirit not to the flesh

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"For the one who sows to his own flesh will from the flesh reap corruption, but the one who sows to the Spirit will from the Spirit reap eternal life."

Jesus teaching on the Weak Flesh

"The spirit is willing, the body is weak."

Mt. 26:40-42

He is diagnostic. He is not scolding them, he is teaching. That began back with Peter in the upper room. **Jesus knew sin is deeper than sins.** It is sin not sins that must be dealt with in healing of the broken life by walking with Jesus.

Sin is that condition of readiness of the socialized, embodied person to do what is wrong. You can't overcome it by intentions. You have to receive redemption into the body and into the social relations at a much deeper level if your'e going to overcome it at all.

* Peter didn't have to think about it to deny. He wasn't in position to think about not denying. He had a real problem with this. You would think by the second time around, he would have experienced a little, "Haven't I been here before?" He didn't because of the social situation and his body.

Think about this because this is the way to deliverance. It is the inner change of knowing what is going on without having to think about it and be prepared to do what is right automatically whatever the social situation is and whatever the condition, their body is ready to go in the moment.

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Session 4, part 3 - The Body and Social Relationships [TOTAL 33:44]

The Upper Room

Jesus, "The ruler of this world is coming at me and he has nothing in me."
(John 14:30)

If Peter had been able to say that, he would have not denied Him.

It's the wrong already in us that makes us susceptible. That's what we want to get out.

Something going in their bodies that they just can not deal with.

* A Minister struggling with pornography after Sunday services.

Looking at Him whose Spirit dwells in us and can quicken our mortal body.

A picture of our world and our body and who we are makes us hopeless. It might just be the deliciousness of dissecting someone with our tongue. The person who gossips is experiencing a feeling of superiority and intimacy.

We've got to live real life. Often there is envy, covetousness or malice because things get more and more complicated. To step free from that is something we can do. Until we learn about the removal of all that's inside so like Jesus we can say there's nothing in me that appeals to.

That's what Paul is talking about when he talks about "mortifying" - kill off. Like a mortgage you kill off by degrees.

Mortification is a primary part of the spiritual life in the New Testament. We allow the things that are wrong in us to wither and die.

Romans 8:13 - *"For if you are living according to the flesh, you must die; but if you by the Spirit, do mortify the deeds of the body, you will live."*

Mortify the deeds of the body that is saturated in the wrong stuff.

People can make you dance like a puppet on a string because of what's in you. Often goes back to the way we were treated as a child. That's where the habits come from.

Jesus had the "circles diagram". There wasn't anything in those circles that Satan could get a hold of. He tried to kill him in the garden to keep him from going to the cross. The great triumph of Jesus in the garden is that He made it to the cross. He wasn't trying to avoid the cross, He was trying to get there. "If I be lifted up, I'll draw all men to me." It was Satan's last chance to stop him.

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The Social Side

See *Renovation of the Heart* book for chapters on each of these.

Two primary forms of lovelessness - Attack & Withdrawal

Attack - Preying on someone or bad names or it can be physical

* Story of the Good Samaritan illustrates both - **Luke 10:30-37**

Attack on the man on the road. Priest & Levite withdrawal

Samaritan had compassion - the opposite of withdrawal

Our social world is set up with patterns of withdrawal. Who you deal with and who you do not. We need to recognize them and not participate in them. If we don't we will not be able to respond with compassion.

"You reject me, I'll say, 'Who needs you'."

Obviously I do but that's what I say.

Normal social relations show our bodies poised to attack and withdrawal.

In the normal situation, it's a cold, cold world folks. Contempt, anger, looking to lust, envy and resentment is right there in the body language. People don't have to think about it to do it. It's what we do without thinking. It's in the body.

If our God is our belly (feelings), that's the normal case.

"Having your feelings hurt."

We have to be able to stand somewhere to rise above that - the place of worship and adoration and obedience. We learn to turn it around so that our belly is a source of living water.

Jesus words, "out of their belly shall flow living water" (John 7:38)

Compassion, receptivity, openness. That's what we're looking for as we grow. It takes some doing. It doesn't happen automatically.

We learn to not get on the conveyor belt of sin.

If you want to avoid the buzz saw, don't get on the belt.

* Peter - What might he have done if he had heard Jesus?

"This is about to happen. I better watch out and be conscious."

To the little girl Peter should have said, "I know what this is. I ain't going to go with it." But he was not on that position, he was on the conveyor and he didn't know it and he just stayed on there.

People do that. Instead of saying, "I did this terrible thing, There must be something in me that led to that. I probably projected it on someone else." "I know, but it's their fault."

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Peter finally figured it out. When it came to him that he had done exactly what Jesus said, he went out and wept bitterly. He realized who he was. He knows who he is. That's where genuine repentance sets in when we realize who we are and then there's some hope.

What happens is the old cues to sinning are now the cues to avoid it.

* Confessions on TV - you know there's no repentance in it.

* Repentance - "I am the kind of person who does that sort of thing.

My body is so accustomed to doing that it does it before I have a chance to think about it."

The Importance of Cues

* Looking to lust - Recognize when you do it you are following cues that have already showed up and said, "Get ready or you're going to miss your chance." The indicators are cues to do something else.

* Contempt doesn't come like a shot of a pistol. They're coming around the mountain and you can hear them coming. That's the point to say, "I'm not going there." If you have to get down on your knees and pray, do it. Whatever you have to do.

Assurance that I'm Not Missing Out

Assurance that I'm not missing out by sinning. You have to have that settled. That goes back to your mind. That has to be very clear. General form of temptation - "You're going to miss out on something."

Decide not to sin. Can I do that? Yes you can! If you don't, you'll stay right where you are.

You don't drift into holiness.

"Straight is the way, narrow is the gate." Seek the Lord. Give your best.

"You're going to be perfect?" "No, I'm going to be imperfect. Praise the Lord."

Don't go at all of it. Take one thing. You can decide to stop and you can learn how to do it. You'll have to recognize "She'll be coming around the mountain when she comes."

Take Care of Your Body

Treat it with respect and bless it. Have a regard for its needs and possibilities. The body is a holy thing. That's why there is so much in the scriptures about touching, anointing, laying on of hands. That presupposes that there is something in your body that is of God. When you do that it will be easier to take care of it.

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"It is vain for you to rise up early, to sit up late, to eat the bread of sorrows: for so he giveth his beloved sleep." Psalm 127:2

How many of us do that trying to grind more and more out of it.

The Sabbath. Put in your effort, trust God and go lie down and sleep.

Training the body means not using your body as a pleasure and power source to manage your kingdom. Your body is not yours, it is Gods. It's been bought. Means allowing more that adequate physical rest. One of the greatest challenges - Trust God and go rest. Means times when you do nothing. Your body is not built to grind out what you want.

The Cross - You're not living for what you want. Practicing surrendering the body to the Lord in worship and service to others and simply doing the right thing.

"Do not go on presenting the members of your body to sin as instruments of unrighteousness; but present yourselves to God as those alive from the dead, and your members as instruments of righteousness to God."

Romans 6:13

Christian Groups - Totally Eliminate Attack & Withdrawal

That was Jesus secret. "I did not come to condemn the world."

We should have condemnation totally removed in our Christian settings.

Condemnation always allows some element of contempt - a form of attack and a form of distancing in the same way.

Dare to be really present before others when we're with the Lord.

Don't hurry. Listen more than you talk.

One of the reasons we can't listen is because we're defending ourselves verbally. Listening breaks the habits of withdrawal and attack. Expect from the Lord not from people. My faith is not in your or people, my faith is in God. I can listen because I'm not trying to run the show.

"And when I came to you, brethren, I did not come with superiority of speech or of wisdom, proclaiming to you the testimony of God. For I determined to know nothing among you except Jesus Christ, and Him crucified." I Corinthians 2:1-2

Not what I'm trying to get them to do, what I can convince them of but what Christ will do in them as I am with them.

When one comes among disciples of Jesus, the one thing they should be completely assured of is that they will not experience attack and distancing.

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* Pastors should have complete assurance of that. The degree of anger and hostility so many people in Christian groups is heart breaking. In our group, there is no attack or withdrawal. We have to work through, "If you don't agree with me, you're attacking me." I'm not agreeing you because I want to help you and minister to you. We have to get over the idea that one can be righteously mean for God's sake. This is a great grace that must be learned through discipleship to Jesus consciously chosen and practiced under the leadership.

Action - Meditate on I Corinthians 13

"Though I speak with the tongues of men and of angels, but have not love, I have become like a sounding gong or a tinkling cymbal. 2 Though I have the gift of prophecy and understand all mysteries and all knowledge, though I have all faith that I can move mountains, but have not love, I am nothing. 3 If I give all my goods to the poor and give over my body to be burned, but have not love, it profits me nothing."

This Week's Practice of Healing Our Body & Our Relationships

Q1 - Attack or Withdrawal - Which is my "go to" preferred, habitual response?

Q2 - What "1 Thing" will I decide to stop this week and learn how to change by grace?

Q3 - What discipline will I practice to take better care of my body?

Q4 - How might I engage I Corinthians 13 to conform my mind to love?

~ ~ ~ End of Session Four ~ ~ ~

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SESSION FIVE - The Soul

The Soul - Part 1 - "The Body's Role in Love"

[TOTAL 22:04]

Deut. 6:4 - "The Shema" - Love the Lord with all your heart, soul, mind, body. Jesus added "mind" (deanois) area of thoughts & feelings
Mark 12:28-34 - The Shema + Love your neighbor as yourself.

28 One of the scribes came and heard them arguing, and recognizing that He had answered them well, asked Him, "What commandment is the foremost of all?" 29 Jesus answered, "The foremost is, 'Hear, O Israel! The Lord our God is one Lord; 30 and you shall love the Lord your God with all your heart, and with all your soul, and with all your mind, and with all your strength.' 31 The second is this, 'You shall love your neighbor as yourself.' There is no other commandment greater than these." 32 The scribe said to Him, "Right, Teacher; You have truly stated that He is One, and there is no one else besides Him; 33 and to love Him with all the heart and with all the understanding and with all the strength, and to love one's neighbor as himself, is much more than all burnt offerings and sacrifices." 34 When Jesus saw that he had answered intelligently, He said to him, "You are not far from the kingdom of God." After that, no one would venture to ask Him any more questions."

You can't love God unless you love your neighbor and actually you can't love your neighbor unless you love God...just look at your neighbor.

You have to love God to have the wisdom & strength to love your neighbor. You have to put that neighbor in a larger context.

We want this love to come right down to the level of our body because that's where we live with our neighbor in our body. We want the body to be set to be spontaneous be loving. In our relationships to others around us we are free of the two modes of *Attack & Withdrawal*.

I Corinthians 13 teaching about love. There isn't anything in World literature that comes close to the teaching about love in the New Testament. The capstone is what Paul says about it there. Paul learned about love from his fellowship with Jesus and those that Christ was redeeming.

13:1 If I speak with the tongues of men and of angels, but have not love, I have become a noisy gong or tinkling cymbals. 2 Thought I have the gift of prophecy, and understand all mysteries and all knowledge; and all faith, so as to remove mountains, but have not love, I am nothing. 3 And if I bestow

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all my goods to feed the poor, and if I give my body to be burned, but have not love, it profits me nothing.

4 Love suffers long, love is kind and does not envy; love does not exalt itself and is not puffed up, 5 does not do really stupid things; it does not seek its own, is not easily provoked, does not take into account a wrong suffered, 6 does not rejoice in unrighteousness, but rejoices in truth; 7 bears all things, believes all things, hopes all things, endures all things. 8 Love never quits.

This is not something we do, this is something love does. We receive love.

[Circle Diagram]

Jesus - What it means to love your neighbor is redefined by Jesus.

'Greater love has no man for this that he lay down his life for his friends.'

i don't think this just means dying. Sometimes it is easier to die for someone than live. From the human point of view, it might be easier to die for him. Leave him here to take care of himself.

In our bodies is given us a natural ability to step into goodness.

* "Stress Management Technique"

[9:40]

Picture yourself near a stream. Birds are softly chirping in the cool mountain air. No one but you knows your secret place. You are in total exclusion from the hectic place called the world. The soothing sound of a gentle waterfall fall fills the air with a cascade of serenity. The water is crystal clear. You can easily make out the person you are holding under water.

We need to recognize the importance of the body from the natural point of view. When we move into Spiritual disciplines with the body we move beyond the flesh into union with Christ. There's where we can make a move and we have to move. What we are talking about here - healing, holiness, power - this is not passive. We have to learn how to move. We do it with our body.

* William Law, *A Serious Call to a Devout and Holy Life* (chapter 15)

He is talking about singing Psalms when you don't feel like it.

When doing things with the body we can open up avenues for power and strength in our souls.

"Outward acts are necessary to support inward tempers. Outward acts of joy support is necessary to raise and support the inward joy of the mind. We are neither all soul or all body...we must not only meditate and exercise our souls, we must practice and exercise our bodies." William Law

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Putting off the old person is talking about doing something. All disciplines are bodily behaviors. Our body is our little power pack. God has given us our body as a place to exercise our kingdom. Its point is to submit it to God. We're given the option of not doing that and that's where we get in trouble.

We must learn to use the body to bring ourselves closer to God. What you do with your body makes a difference.

* Skipping - It makes a tremendous difference.

It really does matter what we do with our bodies when we pray. You're an embodied being. You have to learn how to take care of and use your body to "*Submit your members to God in righteousness.*" (Romans 6:13)

Psalm 127 - "*Unless the Lord builds the house...builds the city...*

It is vain to rise up early and sit up late and eat the painful bread of sorrow. For He gives to His beloved sleep."

Sleep is one of the greatest acts of faith. To be able to sleep is a great act of trust towards God.

We want to bring our bodies into this area of love. We want our bodies in its social relations to be in a position to love without special effort. We have to train ourselves so that love naturally flows. **What we have to stop and think about is one of the things that shows us and what we spontaneously do show us where we are spiritually.**

Think about what that would be like to love the Lord your God with all your heart, mind, soul & strength. Think, "This is for us. We can do this."

We can do a lot better than we're doing. Maybe you can't go all the way but you can make significant progress.

Love Defined

"Will to good for all concerned in our presence and our action."

We are thinking about doing good to those who are effected by our action. Love is not a feeling but it has good feelings. That's a consequence but not the heart of the matter. Love is a set of the will.

First it comes from God in Christ

Romans 8 - "Nothing can separate us from the love of God in Christ"

I John 4:9 - "We love God because He first love us."

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Broken people in a broken world, we really don't know what love is. That's why in our culture it is such a mess.

Too often love is confused with desire. Love is not desire.

* I say I love chocolate cake but I don't. I want to eat it.

Love & desire are two different things. We often desire what is not good. If we are put together in the right way, we would desire what is good. Constantly our love Our will is enslaved to what we desire and not what is good.

If our MIND is not set full of the goodness of God, we will be enslaved to our desires because we will think, "I can't do what is good because I won't get what I want."

It is only confidence in God that enables me to say,
"The Lord is my Shepherd, I will not want."

"God loves us and the one who loves is born of God and knows God."

You have to remember the standard of love. The one who lusts is not born of God. The one who loves is born of God.

The center of the universe is a wonderful community of persons characterized by love. God is love.

~ ~ This Week's Practice of Healing Our Body & Our Relationships

Q1 - When will I this week stop and think about what I spontaneously do that shows me where I am spiritually?

Q2 - What is an effective spiritual discipline I practice that moves from my body into my relationship with Jesus?

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SESSION FIVE - The Soul - Part 2

[TOTAL 28:28]

Kingdom living is living by the grace of God that comes from God acting in our lives in a loving way. We know this grace by venturing on God.

When I am faced with a choice, I won't just say, "What do I want?"
I will say, "What is good?"

When a voice says, "If you do what is good, you won't get what you want." Then I say, "There is a God."

Like Daniel, Shadrach, Meeshach, Ebedego. There is a God in heaven. You just go ahead and throw us in the furnace. That was their confidence.

The Apostles Creed

"I believe in God, the Father Almighty,
maker of Heaven & Earth.

I believe in Jesus Christ, God's only Son, our Lord,
who was conceived by the Holy Spirit,
born of the Virgin Mary,
suffered under Pontius Pilate,
was crucified, died, and was buried;
he descended to the dead.
On the third day he rose again;
he ascended into heaven,
he is seated at the right hand of the Father,
and he will come to judge the living and the dead.

I believe in the Holy Spirit,
the holy catholic and apostolic Church,
the communion of saints,
the forgiveness of sins,
the resurrection of the body,
and the life everlasting. Amen.

Ephesians 5:1-2 - *"Therefore be imitators of God, as beloved children; and walk in love, just as Christ also loved you and gave Himself up for us, an offering and a sacrifice to God as a fragrant aroma."*

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That aroma has filled the whole earth. Sometimes it's kind of blotted out but it's there. Jesus put his mark on the Earth when He was lifted up on the cross. That was an act of love. No one made Him do that. He did that out of love. He did it to reach you and me and everyone in the world. It is a fragrant aroma of love. Transformation of character and expressions of power will go hand in hand as the grace moves.

Signs & Wonders are a natural expression of the presence of the Kingdom.

The Gospels and the book of Acts - what happened without people even trying to do it.

* Women touching Jesus. His body was functioning right, full of power. Same thing with the Apostles later on. It happens still.

* Kathryn Kuhlman - Healing of people in her Bible Study

The Kingdom of God - a kingdom of love and grace. Our bodies should be in a position to convey that kind of power.

Love will lead us to pray for people and speak against what is evil. We do that in the name of Jesus. The main thing they were learning in the book of **Acts** was to act in the name of Jesus. When you use the name, you are invoking the Kingdom. You act in the name of the King. As you grow in character and love increasingly possesses your life, you will naturally want to give the gift of the kingdom to other people in speaking, acting and just in your presence. The primary means of evangelization in the world is the bodies of the disciples. What is flowing out from them. Once you come with your mind, will, body, soul & social relationships functioning as it was meant to function, then the world will change around you.

The core of Kingdom living is the surrendered will. The will or the heart or the spirit is the Executive Center. That's where you make your choices. It is fundamental to everything. It's what God looks at more than anything else. A surrendered will to God is at the very heart of progression toward wholeness.

if the will is not surrendered, the rest of it will not come along. What that means is what I want is not what I live for. If you pass this, the rest of it won't work.

This is what Jesus is talking about when "taking up your cross." It has to be a settled thing, "I won't live for what I want." A will surrendered to God. At the center of my being, I've settled that. Good under God rules me. That's what I live for. **What I want does not rule me.**

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"Do not let sin reign in your mortal body, but present yourself to God as those alive from the dead and your members as instruments of righteousness under God..." (Romans 6:13)

I give my members to God. Find a quiet place and time. Prepare yourself for it. Life down on the floor and give all your "members" to the Lord. Don't be afraid to do that. Give your body to God. You don't own it anyways. You're bought. You are ready to die daily. Paul was accepting death everyday when he was beginning his ministry. We want to be dead to self will. Not dead to will but to self will. Not, "I want what I want when I want it."

* Not Raisin Bran for breakfast

Surrendered will does not mean gritted teeth. Looking for the Executive Center of the self to bring the rest around. It's easy. In all this teaching, we're talking about the Easy Life. The hard life is the other way. It's impossible if you don't take the inward route. Gritted teeth won't help for very long.

The surrendered will turns all dimensions of the person to love of God and love what God loves.

"Bless those who curse you" is the easy way.

You have to have stabilized your mind and God and the feelings that govern your life must go with love, joy, peace, faith, hope and so on.

That's the heart of the teaching - We just do the things that Jesus said - loving God and our neighbor. It isn't an outward thing, it's an inward thing. We can do it by the grace of God if we go by the inward route. We can't even do it by the grace of God if we do it by the outward route.

That's what Jesus is talking about when He says, "You have to go beyond the righteousness of the Scribes & Pharisees." (Matthew 5:20)

Go beyond the action of trying to do the right thing or trying not to do the wrong thing. The ambition of the Pharisee is to say I didn't do anything wrong. Look at the degree of legalism. Most of them have defined it so it leaves out the heart of love. They define their righteousness that will enable them to negotiate with remaining fundamentally unchanged. That's where we get the most of mean, unhappy Christians. They haven't changed the inside. They find it impossible to deal with the outside.

All the commands are doable if you don't fall into the legalist trap.

Spiritual formation in Christlikeness is not just a matter of changing the will itself but the whole person.

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The Soul - The Deepest Part of You

[15:20]

The soul is beyond your conscious awareness. You sense a stream of life flowing within you. Sometimes it's pretty weak, sometimes it's stronger.

We speak to the Soul in 2nd person. See the Psalms.

*Why are you cast down, O my soul?
And why are you disquieted within me?
Hope in God;
For I shall yet praise Him,
The help of my countenance and my God."*

Psalm 43:5

Jesus said,

The rich farmer, "Soul, you have much goods laid up..." Luke 12:19

"What will a man give in exchange for his soul?" Mark 8:27

"In your patience, possess your soul." Luke 21:19

You don't have direct control over your soul. That's your will and next is your body and your mind & feelings as you learn to use your body. Your soul is that about you that enables you to have control if you have it.

The soul is meant to find it's home and rest in God. It's contact with God keeps itself alive. It brings all of life together to from one life. All of life is congruent, all consistent. Just the opposite of Gal. 5 & Romans 7.

A restored soul is the capacity to consistently do the good things they propose to do and not the bad things they propose to avoid. That goes all the way from Adultery to Twinkies.

* Problem of eating too much - You might think it's a simple thing to say, "I just won't eat so much", but it isn't. The social setting and the body are involved. The broken soul can't make those things come out whole.

* Smoking - inability to just stop smoking

The broken soul is really what we're talking about in this series!

We have lost souls or dead souls. When the will withdraws from God and focuses on itself, the soul is deprived of sustenance in God and it dries up. It is unable to make the connections between good decisions...smoking, caffeine, food.

When the soul is broken, that's what leads to so much duplicity in human life. Deceit, falsehood, body language is corrupted by duplicity and deceit. Transparency is lost. You really can't have love without transparency. That's

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why communication is so important. Transparency doesn't just happen, it happens when communication is not deceitful because you trust God and you don't have to manage the world.

A lost person is a person who doesn't know where they are. If you are a lost person and someone gives you a map, you can't use it. [24:00]

It's only as God pulls us into clarity, we begin to know where we are. We can claim where we are as a gift of God. "I am me. I am here. These are the people around me." All of a sudden things become clearer.

Your'e not denying yourself, others. You're not in dreams.

This is fundamental to getting out of brokenness. Where we are able to do what is morally good, to devote ourselves effectively to do what is good in life. Everyone is called to be the Light of the World where they are. You can only be the light of the world where you are. That really means you have to get out of all this duplicity. You have to find a source of nourishment where you are. It's ok for me to be here, to be who I am. It's alright who I am, my family, my gender, my education.

That's not easy to say. We want to fill our lives with regrets, recriminations, all the things that are right. It is so important to say, "God has done well by me."

Matthew 9:36 - Compassion as a Shepherd for His sheep [26:30]

"Seeing the people, He felt compassion for them, because they were distressed and dispirited like sheep without a shepherd."

His heart was torn as He looked at the people.

Is. 53, "All we are like sheep that have gone astray"

Matthew 11:28, *"Come all unto to me that are heavy laden and I will give you rest."*

Isaiah 61:1 [28:00]

*The Spirit of the Lord God is upon me,
Because the Lord has anointed me
To bring good news to the afflicted;
He has sent me to bind up the brokenhearted,
To proclaim liberty to captives
And freedom to prisoners.*

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Could be the passage for the whole series
Right now is the time that you can know God's favor.

This Week's Practice of Healing

Q1 - What does grace mean to me in the 10,000 minutes?

Q2 - Which of the 9 results a broken soul impact me?

Q3 - What will I do with Jesus by His Spirit to restore my soul this week?

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SESSION FIVE - The Soul - Part 3 [TOTAL RT - 29:13]

It is the brokenness of soul that leads to this general condition.

YOKE: Matthew 11:28-30 - *"Come to me all you who labor and are heavy laden, I will give you rest. Take my yoke upon you and learn of me for I am meek and lowly of heart and you will find rest unto your soul."*

The soul - the deepest part of you that should be the flow of life that comes out of God unto you.

This is what is given to the disciple of Jesus. The Spirit begins to flow in them and renews their soul. The disciple is someone who comes to Jesus and says, "I want to learn of you."

"Labor and Heavy laden" - They feel like they have to make things come out right. They are doing their best with themselves at the center instead of God at the center. Because of that they don't have the resources they were built to run on. Apprentice to Jesus - that's the key.

"Meek and lowly of heart" = I don't presume to run the world. I am meek. I recognized my dependence on God.

"Lowly of heart" - I don't lift myself up.

In Jesus, The Kingdom of God is Present & Available [2:25]

The Kingdom of the heavens is available to those who trust Him.

"Repent, for the Kingdom of Heavens is at hand." **Matthew 4:17**

That's the gospel of Jesus. It doesn't mean to beat your head on the floor. Repent means to think about how you think about things. Some of the most solid disciples of Jesus never went through the experience of beating their heads on the floor. My thinking is all wrong. Jesus is all right. I'm going to start thinking that he thinks not the way I think.

The thinking was redone in the light of the fact that the Kingdom of the Heavens is available in Him. Jesus **proclaimed** the Kingdom of God as available. He **manifested** the presence of the Kingdom in His deeds. He taught about the Kingdom in His **teachings**.

"The Kingdom of God is like..."

The first time He sent His disciples out, he told them to proclaim and to manifest but He did not tell them to teach. The reason was they didn't know enough to teach. If you have a solid teaching group, everything moves much faster. People can step into the Kingdom with understanding and grow with it rapidly.

"To take His yoke" means to join Him in His work. [4:40]

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A yoke enables oxen, horses, mules, goats to work together. It unites them in a common task. He is saying, "Get involved in my work with me." It's a whole life process of doing and saying what He does. If you want to minister with Jesus you do what He did in the manner He did it. That's why really knowing the scriptures is so important. If you want to minister with Jesus, you do what He did and say what He said. Whole life learning is not just for church, it's everywhere you are. You're bringing your whole life into the flow of God. You do everything your'e doing in the day in the yoke. As you do it, you look to Him and ask, invoke and expect He will act with you. That's how you know His presence in your life.

* Training a younger horse yoked alongside an older horse

When we take the yoke, what happens is we begin to rest. We stop fighting it. We learn to rest. We rest in the strength that comes from God and from Christ we are walking with. We can do everything we do in rest and confidence in Him. That seeps into the deepest part of our being.

Colossians 3:17, *"Everything we do and say in the name of the Lord Jesus Christ giving thanks to the Father in Him."*

That's the secret.

Abandon Outcomes

Leave those to God. You do your part but you don't trust your part. You do it and you trust God.

I Peter 3:5 - *"God gives grace to the humble and resists the proud."*

...in due season, He will exalt you. Casting all your cares on Him because He cares for you."

The ultimate outcome is that you will be exalted by God and not by you.

Soul rest comes through apprenticeship of Jesus as a natural consequence of faith in Jesus. Once we learn that our soul has rest. Seeking the Kingdom means just to do that. This is how you seek the Kingdom of God - learning from Jesus. We look for what God is doing and we join him in that. As we do it, we experience union with God, our souls are refreshed and upheld and built up because we're drawing from the resources of God.

The Kingdom and the Law

The Law of God is key to harmonizing our souls to what God is doing.

Psalms 1 - "The One Man"

[10:30]

"His delight is in the law of God"

Joshua 1:8 - Saying the law of God out of your mouth. Meditate.

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Matthew 6:33 - "...all these things will be added unto you."

Psalm 23 - "The Lord is my shepherd, I shall not want."

Psalm 19:7 - "The Law of the Lord is perfect restoring the soul."

The Kingdom of God is God in action. [12:20]

The law tells you what God does. When you come to the law and absorb yourself it then your actions begin to go with the flow of God's life. That's how the soul is renewed and given new strength. The law is precious and tender.

We live in a nation that is antinomian. We hate law.

"The Australians got caught and we were the ones who got away."

A lot of teaching about grace is antinomian and it's false. The law is a grace and it is beautiful and it is wonderful.

Psalm 119 - The beauty of the law. The soul thirsts for the law. Psalm 1, "Delight in the law of God." You delight in something because it is beautiful and good. It's not easy to get good laws. Ancient people treasured law because it told them how to live well.

* Socrates - "How could I leave Athens and do that to the law that looked after me and cared for me all my 70 years?"

The law is a beautiful thing but it's hard to see. Today we confuse the institutions of law and the personalities of law with the law. The law is a wonderful thing. Students are drawn to the law.

* Think how many TV programs are about the law. Back door acknowledgement of how important law is and what a good thing it is.

Old Testament - "Tenderness of the Law" - Ex. 23:19

Deuteronomy 24:21 - Gleaning the harvest. Leave food for others.

* Ruth gleaning the harvest. Boaz says, "Leave a few handfuls..."

Life is such a grind if you don't have tenderness in it.

Law is not opposed to grace, it is a grace. Here is how it works. Upon our confidence in Christ and sincere intention, we are able to walk in the ways and reality of the Kingdom of God upheld by grace. It won't happen without our decision to do it. It won't be imposed on us. The Son and the Spirit in our lives make it possible for the requirements of the law to be fulfilled in us who walk not according to the flesh but according to the Spirit. You don't live in Romans 7, you live in Romans 8. The broken depths of our soul are reintegrated in a life in union with God. The soul heals. That's how the law of the Lord is perfect restoring the soul.

* Like setting a broken limb. Put it back in position, hold it there, it heals.

You will progressively see people who engage with Christ this way with intention beginning to heal.

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Sanctification is a condition of life where we are established in relationship with Christ. It is not an experience or some special kind of status. Sanctification is a process. You can be more or less sanctified. There are places where you are not.

* A cup of coffee getting warm in the microwave can still be cold.

We are living from the reality of the King as we walk with Christ. Healing is in a walk with Christ and the Kingdom of God. As we do that, all the parts of the self are healed and the whole person begins to effortlessly abide in the vine of which we are the branches. One of the deepest teachings - the model of the branch in the vine. The branch rests in the vine. The vine's fruit is in the branches.

Sanctified does not mean we are being weird or proud of our humility. The misunderstanding is that holiness is misery. The worry is we have to give up. They don't understand the heart of sanctification is rootedness in God. That allows you to be anywhere like Christ. He did not have to avoid places. Because He was established in God anywhere, anytime, any-who, you're easy because you are not struggling, you've come to rest. Easy yoke, light burden.

John, "His commands are not burdensome." Because we're transformed.

Our soul now works because we are not carrying the burden of outcomes because we are not on the throne of life. [22:07]

You stop trying to please people. Instead you try to do them good. That's love! Don't work for anybody but Jesus. He is the one who is going to pay you anyways. Work for Him. When you do that, you'll do other people so much more good. You have to be established, to be settled, no where you're drawing, to have rest in your soul.

This whole thing is not about not sinning. That's important but as the law restores our soul and walk with Christ, less and less of our life is a struggle with temptation. You don't even go there. Pride points are but "dung" - a good four letter word we can use in church. Sin is even worse. Sin is seen for what it is. Why would anyone want to do that? Only if their soul is dying and they living on their own trying to run the world. They're flushed with bitter, harmful feelings that make their glands pump like the Colorado River. That's what Paul means about being dead to sin. Is that for you?

There's a point we're not sure we don't want that.

"Well, what would I be without my temptations? I could do it if I want to. I have not decided not to do it." There's a real struggle with identity.

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Romans 6:13

I've learned the best way to deal with temptation is to see how stupid that is. We can learn how to be dead and to realize that grace is for life and not just for guilt. When we do that we realize the Christian life is not about not sinning. It's about something much greater than that. It's about living in something that makes sin look like stupid, dung, slop.

God's intent for us is we should become the kind of person whom He can empower to do what we want. When our souls have been knit together and made whole, that can begin to happen. That is our future in the universe.

Revelation 22:5 - How should I live since this is my future? [27:00]

"The Lord God shall illumine them and they shall reign for ever and ever."

That's where the redeemed person is heading. That's you! That's your future.

"Love the Lord your God with all your heart, soul, mind and strength and your neighbor as yourself."

That is the healed life. We have to choose that and step into it and say,
"Yes, that's for me. I really do want to be like that."

Once we see what we are doing and decide that, then we can make progress. It will be steady and just get sweeter and sweeter.

"Sweeter as the years go by..."

* Vision of a fire coming into the valley

I've been talking to you about the fire. It's the fire of God living in people who love Him with all their heart, soul, mind and strength and their neighbors as themselves.

This Week's Practice of Healing

Q1 - Is the yoke of my life "over easy" or "over hard"? What do I need to learn from Jesus to live an "easy" life?

Q2 - What Law of God will I choose to memorize & meditate on this week?

Q3 - What will I be doing 10,000 years from now?

~ ~ ~ **End of Session Five** ~ ~ ~

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