

## POINTS TO PONDER

- Unresolved issues of the heart are the result of an unrenewed mind repeatedly processing toxic thoughts, which turn into reasonings and eventually become strongholds.
- When you get a revelation of how much God loves you, it's like you suddenly get 20/20 vision. It's like everything becomes clear.
- Going numb and shutting down emotionally is not spiritual; it's actually emotional illness. Shifting your heart into neutral is what makes you lukewarm, and living life in neutral is not what you want to do.
- God wants you to be well more than you do.
- When our talk and our walk are different, when they don't agree, it begins to affect others who are around us.
- If you want to know what's really in your heart, listen to your mouth.
- God not only wants you to have a renewed mind, but He also wants your soul to be restored. God wants you to be living beside still waters with the life peace of God flowing up from within you, blessing your life in every single way—prospering and being in health.
- Prospering and being in health includes the whole man: spirit, soul, and body.
- You're supposed to be living from the fruit of the Spirit on the inside of you, not living with an overloaded heart.
- Live your life in such a way that you don't live with a troubled heart, but learn to offload your heart at the throne of grace.
- Instead of wanting good but expecting bad, your heart can be so transformed that you begin to relate to daily life in a completely different way.
- Not knowing how to live life in Christ, with the fruit of the Spirit alive on the inside of you, can be very crippling and destructive.
- God doesn't want the New Covenant in your spirit and the Old Covenant in your body.
- When you start to get filled with the Holy Ghost, it pushes all that other stuff out of your soul.

- Holding on to bitterness or unforgiveness is often a doorway to the enemy, so shut that door by letting it go, once and for all.
- If you don't want your prayer life to be hindered as a husband, then you better take heed. As a husband, you should be kind and gentle and honor your wife as your best friend. Listen to her, spend time with her, love her, and cherish her.
- When you confess your sins to someone, the Lord in them is ministering through them to you. They are not the healer, but Jesus in them is—so a relational healing can happen.

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