

Heart to Heart

*Bringing our hearts to Him,
Receiving His Heart for us!*

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Dear

Guessing in the gaps left by our science, going through the day like the "living dead," and getting a glimpse of Jesus in the mirror of another life--something here is bound to tickle your fancy, or tweak your imagination.

Steve

This Is NOT Science

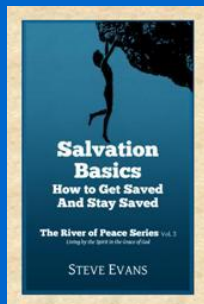
But it can be a well-educated guess...

The mind-body connection to disease is beyond dispute, but many details of it are yet to be settled. Eventually, our medical research may be able to show us the pathway by which a specific negative emotion (a stressor) causes a specific breakdown in the body's health (a disease), but our science is not that well tuned. Even so, we are not entirely in the dark: There are clues which may guide us. Here are two.

The Metaphors We Use. I was taught in missionary training 25 years ago that the way we speak about how we handle our stress can clue us in to where the body is likely to break down. "I put all that behind me," may be an indicator of future back trouble. "Oh, I just push it down and try not to think about it," may point towards gastro-intestinal troubles down the road. "He's a pain in the neck," may reveal how my body reacts to difficult people. Consider other "clues" as they may occur to you, but let me repeat: this is not science.

These pointers can be helpful, however, if they lead us under the Spirit's guidance to see how we are actually processing our stress. The ONLY effective way is to "cast all of our cares on Him." All other ways lead to the body's ultimate breakdown. **St. Francis fondly called his body "Brother Ass"** because it carried him about. In reality the body bears the burden of what we don't give to the Lord. What you (and others) are saying often reveals the heart--the mouth speaks out of a deep wellspring.

The Body Mirrors The Soul. A second clue is how the body seems to reflect problems in the soul. The person who feels "beaten down" by life, looks beaten down. The person who feels uplifted by blessing, looks uplifted. Some people grind their teeth

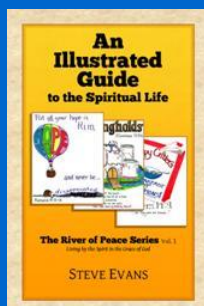


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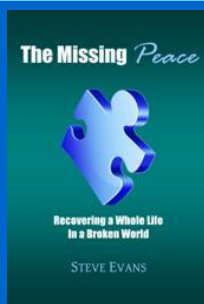


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at night. Could it be that they have unresolved anger issues? The person who is "racking his brain" trying to find answers for everything that is worrying him may very likely be giving himself headaches.

If I am constipated what else might I be holding on to? If my blood pressure is going up, what am I feeling pressured about that I am not releasing? It is curious indeed that Paul singles out the joints as the place where the body is meant to connect its members in love, but arthritis is known to show up in the joints when bitterness separates a person from others. ***I repeat: This is NOT science.*** These are merely clues that can help us discover what emotional issue we may be burdening our body with.

Could it be that our bodies are trying to "clue us in" by the way they break down?

Tagged, Then Zombied Out!

When life imitates a bad movie...

This must be a favorite "game" of the enemy's camp. It plays out like this: I'm going through my day minding my own business or better yet, seeking to be about my Father's business, when something happens that "tags" me. You know what I'm talking about--many things may touch our feelings in the course of daily life and most things just roll right off of us, but some things don't. No matter how hard you try to shake loose, your focus has shifted and you are no longer floating free in life's river. ***You have been tagged and snagged! Now you feel like the "walking dead."***

You wonder: What just hit me? It could be a sense of confusion or condemnation, frustration or anxiety. It could be any of the host of negative emotions the flesh is heir to. It could have "jumped on you" when some unsettling event jostled you or someone's unpleasant attitude contaminated yours. If it was a BIG DEAL you might stop to deal with it, but since it seems minor--***you were "tagged," not walloped***--you try to shrug it off and press on.

Here's where the enemy's "fun" begins. We start moving through life at a much lower level of engagement without even noticing it--we become "zombied out." I went through several store check outs this morning and returned home before I realized that I hadn't had a fun, uplifting conversation with anyone! My whole focus had subtly shifted from the Lord to a very minor, nagging thought.

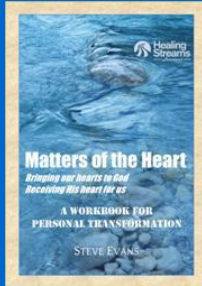
That had been enough to put me into one of my tunnels. You may have them too. When I'm in the tunnel, practically my whole focus is on getting a task accomplished (*find those items at the store!*). Instead of being in the checkout line, focusing on sharing a moment of life with the person there, I focused instead on clearing the obstacle (the check out) and getting on to the next

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thing on my mental list.

Life is always right here, right now, and right in front of us. ("Today is the day of salvation.") If I'm distracted, I don't recognize the moment and fail to enter the kingdom where His peace and joy are waiting. Kingdom living is our inheritance--living at a lower level of existence is what I call being "zombied out."

What can a poor, tagged soul do? Take the Hebrew's 4:16 elevator straight to that throne of grace, get some mercy, avail yourself of the grace, bask in His presence and ***start floating in the River again!***

Does Jesus Force Us?--You Bet!

Seeing truth in the mirror of another life..

Jesus is our Example as well as our Savior. I'm sure we all know what it means to look into the gospel to see how He behaved in different situations *then*. But what about how He behaves within your own heart and in the world around you *now*? For instance it is a modern Christian mantra that Jesus will never force a person's will. He will not force your choice, but ***He will force you to choose!***

My daughter Alisha told me about an incident with her 4 year old daughter, Kaitlyn (KT), who was very eager to go to a friend's birthday party--until she got there. Then her shy side acted up in full force and she refused to get out of the car. Alisha tried all manner of friendly persuasion, but KT's pleadings turned into a storm of tears and verbal resistance. To her credit Ali said she never got angry and managed to remain patient, but in the end she had to use force to bodily lift KT out of the car and carry her to the house. Once inside KT gathered herself, slowly warmed up to the event and ***by the time it was over, she wanted to stay longer!***

Had Ali done the right thing? Although wisdom is known by her children (and in this case the fruit turned out to be good), I could tell Ali was wondering if she had done the right thing. Or had she somehow scarred the child? There is likely a school of parenting out there that says the child's will should never be forced.

I saw the Lord in the mirror of life immediately: Jesus is always having to "use force" upon us to get us to move out of one moment we would want to linger in or to get us to enter other moments we would rather avoid. For instance: no amount of pleading will keep you from having to go to work on time (or suffer the consequences); no amount of tears will keep the train on the platform from moving off carrying your loved one with it. We may say that it is the reality of time's passage that forces us to let go of what has to be left behind and to finally open to embrace what is now coming upon us, but ***time is the Lord's invention.*** Time's passage is a "force" none of us can resist--and it is frequently used by the Lord to move us along even if it is against

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our will.

The key thing is seeing that Jesus never loses His patience with us, just as Ali didn't lose patience with KT. That way she was able to mirror the Lord's way (even if it was unconsciously) and KT was able to receive the benefit of being "forced" into discovering the benefit of a time that she had wanted to avoid. Now, look back over your own reactions to being forced by time's passage...**and see in it the kindness of the Lord.**

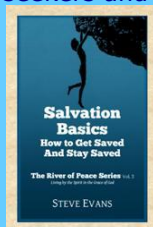
From We to Thee *Preparing for the Harvest...*

From the pages of our new website forerunners4Him.org has come a new book:

Salvation Basics: How to Get Saved and Stay Saved.

This is also the book that the men at the Mission have helped me to write. It has been through working with them that I have gained far more clarity (I believe) into the deeper issues of how to stay saved. Hey, we all know that getting saved is easy--it is staying in the joy of His salvation (Ps 51) that is the tricky part. Check out a sample at amazon.

We will supply this book at half price (for orders of 10 or more) to any group or individual wanting to distribute them to seekers and new believers!



Steve and Eunice

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A lifetime of learning has gone into the workbook that forms the basis of what we teach. Steve likes to say that these truths have been field tested! They are **"truths with traction,"** guaranteed to get your emotional life unstuck from those pesky stronghold areas that the enemy loves to bring our walk to a halt with.

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Let's all jump in!

Sincerely,

Steve and Eunice Evans

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