



## Touchstones of the Heart

### Of Valleys and Mountains

When you decide to step into your destiny, expect a fight! Have you started yet? If there is not a fight, then perhaps you are not stepping into your destiny. In the next to the last chapter of the Lord of the Rings "The Scouring of the Shire", which incidentally is not included in the movies, the four Hobbits who set out from the Shire a year earlier return to find it has been taken over by thugs. They traveled over dangerous roads, climbed mountains and fought many battles. Now they return to their beloved Shire ready to step into their destiny, only to find that they must fight yet again. Battles are not fun and nobody wants to fight them over and over again without

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### Ministry Updates

Sometime back a good friend gave me some advice that I am finally taking to heart. He said, "Keep the main thing the main thing." I have tried to blend two different things on our website and this has caused our search engine results to be mixed and confused. We are a ministry, that is the main thing. Our ministry is about helping men and women find freedom through Jesus Christ. Not in an evangelizing sense, but in a discipleship sense. It has been my personal experience that you can be a believer for many years and yet be bound up by the enemy so thoroughly as to be ineffective for Kingdom work. Most of the time these come in the form of wounds that we have received over the years which result in a loss of heart. We can easily say, "I love God, but my heart isn't in it." I believe that there is an epidemic of heart sickness in churches today. Men have forgotten how to be warriors and no longer fight for their

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### Tidbits for Living: The Battle Field For Your Heart



Battle Field For The Heart  
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Memories are funny things, they can pop up very unexpectedly. The other day I smelled a cigar and it brought up a memory of my grandfathers special room where he had all of his hunting trophy's hanging on the walls. I used to love to go in there and look at all the animals. For some reason the large sea turtle always fascinated me. However, not all memories that come up are pleasant ones. Bad memories can resurface at unexpected times and cause us anguish. What do we do with these memories? One of the best things to do with them is to go into them. Most of the time we want to suppress them instead of deal with them. God wants to take us into our most troubling memories for the purpose of healing. It will feel cruel and not what we expect from our heavenly Father. I spent many years in the medical field where working in outpatient and inpatient settings I would have to clean and dress wounds. These procedures are painful

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"Captain Ha"  
Digital Image  
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### Newsletter Spotlight

Therefore to really have a peaceful, joy filled "valley experience" you must be prepared to fight for it. The four hobbits had been to the mountain tops and they found them to be extremely difficult places, but it was in those difficult places that they endured hardship and built up the strength to fight the battles in the valley. When it came time to restore their valley to a place of peace, joy and resources, they were well able to manage it.



## Touchstones of the Heart

### Of Valleys And Mountains (Continued)

reprieve. However, in your Christian journey there will be many battles. Eventually they will subside, but they never go away completely. Each battle you fight prepares you for the ultimate battle for your destiny and it is this battle that must be won at all cost! I have climbed many mountains over the years and have come to the realization that the common metaphor of the mountain top experience being a place of victory is a little wrong. Mountain tops are not the most glamorous places. They are stark, cold, difficult and devoid of resources. Yet we are always saying we want a “mountain top experience” in our Christian walk. I would suggest that it is the valley where we find our resources and all the peace and joy for the journey. However, wars are rarely fought on mountain tops. Therefore to really have a peaceful, joy filled “valley experience” you must be prepared to fight for it. The four hobbits had been to the mountain tops and they found them to be extremely difficult places, but it was in those difficult places that they endured hardship and built up the strength to fight the battles in the valley. When it came time to restore their valley to a place of peace, joy and resources, they were well able to manage it. In the same way you will have to endure times on the mountain top, before you can step into your destiny. Then when the time comes to move into your destiny the enemy will mobilize all of his forces to oppose you in the valley. You will find that your time on the mountain was worth it, even though it was difficult. God uses the trials of the mountains to prepare us to fight for the valley. Once we have “Scoured the Shire”, then we can settle into a peaceful, joy filled valley experience and our destiny. Don’t get too comfortable though, because God is not through with you yet. He will move you to another mountain top, so that you can come back down into the valley to fight for others. Because ultimately fighting for others is your destiny!

### Ministry Updates (Continued)

wives, families and others. They have taken on a Christianity of works over faith and have learned to live from a false self rather than their heart. They justify it with Jeremiah 17:9, “The heart is deceitful above all things...” Not realizing that this refers to the unregenerate heart, whereas Ezekiel speaks of the regenerated heart that God promises to those who live by faith, “I will give you a new heart...” (Ezekiel 36:26a) Christian women have lost heart as well and instead of feeling like they are captivating they feel captive by a life of service. They are tired and feel as if no one will fight for them. You see, this is Rescued Heart Ministries. Our goal is to help men and women find freedom to live from their hearts. We believe that when you are set free you will dream again and will set out on this journey with renewed life and energy wanting to help set others free. The website is in the process of being updated to reflect the main thing that Rescued Heart is about, so log on to [www.rescuedheart.com](http://www.rescuedheart.com) soon to see the changes.

### Tidbits for Living: The Battle Field For Your Heart (Continued)

for the patient, but are necessary for proper healing to take place. Had their wounds been left untreated, infection would set in and they would eventually die. In the same way, wounds from our past left untreated cause spiritual sickness and death. This is a death of the heart. Our desire will be gone and we will not know why. For this reason God brings memories to the surface, so that He can take the knife of His word and perform surgery on them. One such unhealed wound from my youth was uncovered by God in 2004 while I was going through a painful marital separation. When I was ten I had a dog that I loved very much. Since we had a small suburban yard, it was decided he would be happier living in the foothills at my grandfather’s house where there was plenty of land. A couple of weeks after we took my dog there he escaped and someone took him. My heart broke that day. This was a wound and with it I made some agreements to never let my heart love like that ever again. This wound shaped much of the way I had lived my life up to this point and God had to do some major work to bring restoration to my heart. Many of you have much more serious wounds than a lost dog. When these memories come up, don’t just push them down. Allow God to come in and do His work of healing. I promise you won’t regret it!

May I give one more small piece of advice? Don’t do these things because you “ought to”, but do them because you understand without them you will die on the battle field for your heart!