



Welcome to  
Heart-to-Heart!



# WHO OR WHAT IS TRYING TO PUT YOUR LIGHT OUT?

Dealing with the Reality of Personal Discouragement

Week 6 | 12.07.11 (AM) | 12.12.11 (PM)



Erin Fenton



Keeping the Light On in the Dark Battle of Discouragement

1. **PROTECT** your heart.

20 My son, pay attention to what I say;  
listen closely to my words.

21 Do not let them out of your sight,  
keep them within your heart;

22 for they are life to those who find them  
and health to a man's whole body.

23 Above all else, guard your heart,  
for it is the wellspring of life.

PROVERBS 4:20-23 (NIV)

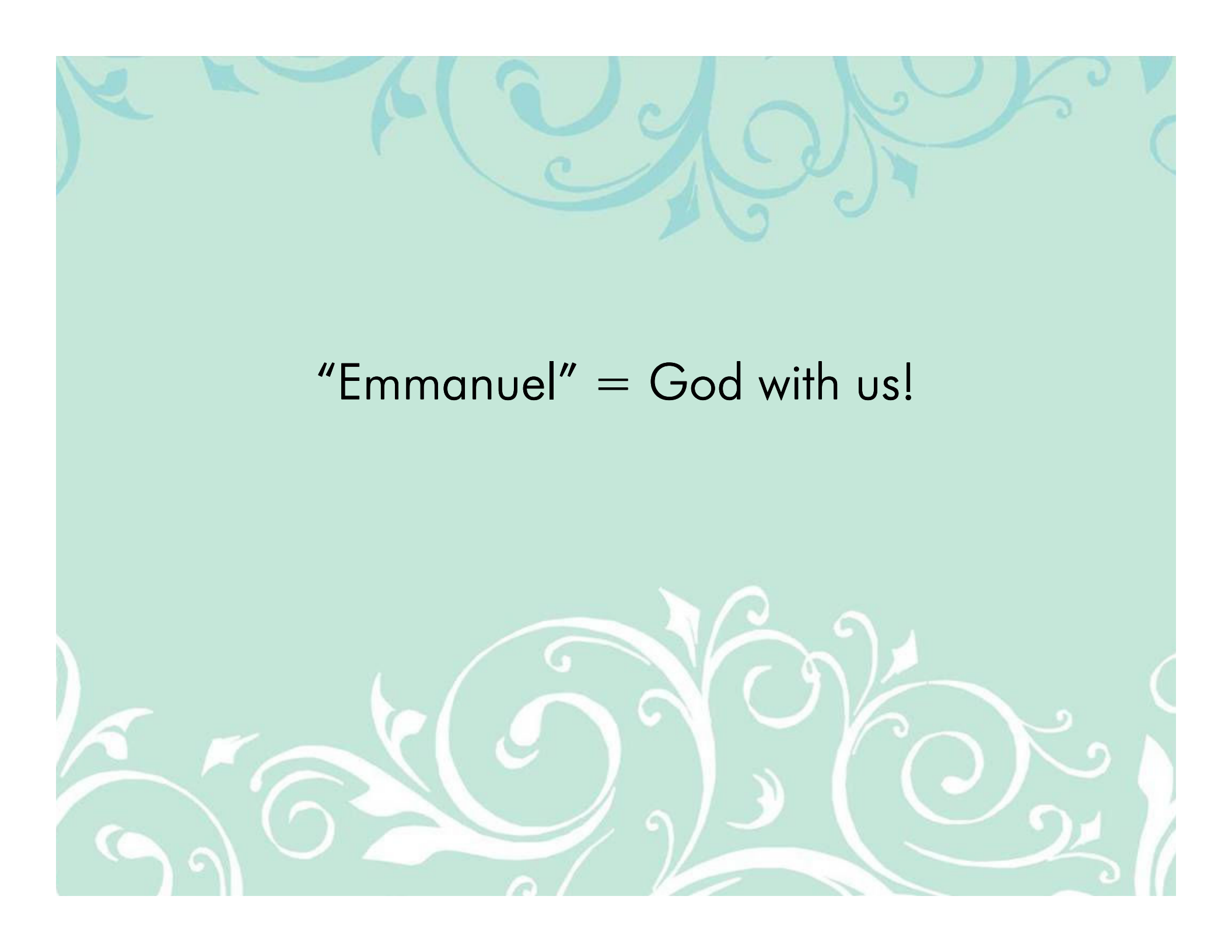


Guard/Protect your heart...


1. By guarding your mouth.
2. By making the Lord your treasure.



2. Believe and **DECLARE** that God is close to the brokenhearted.

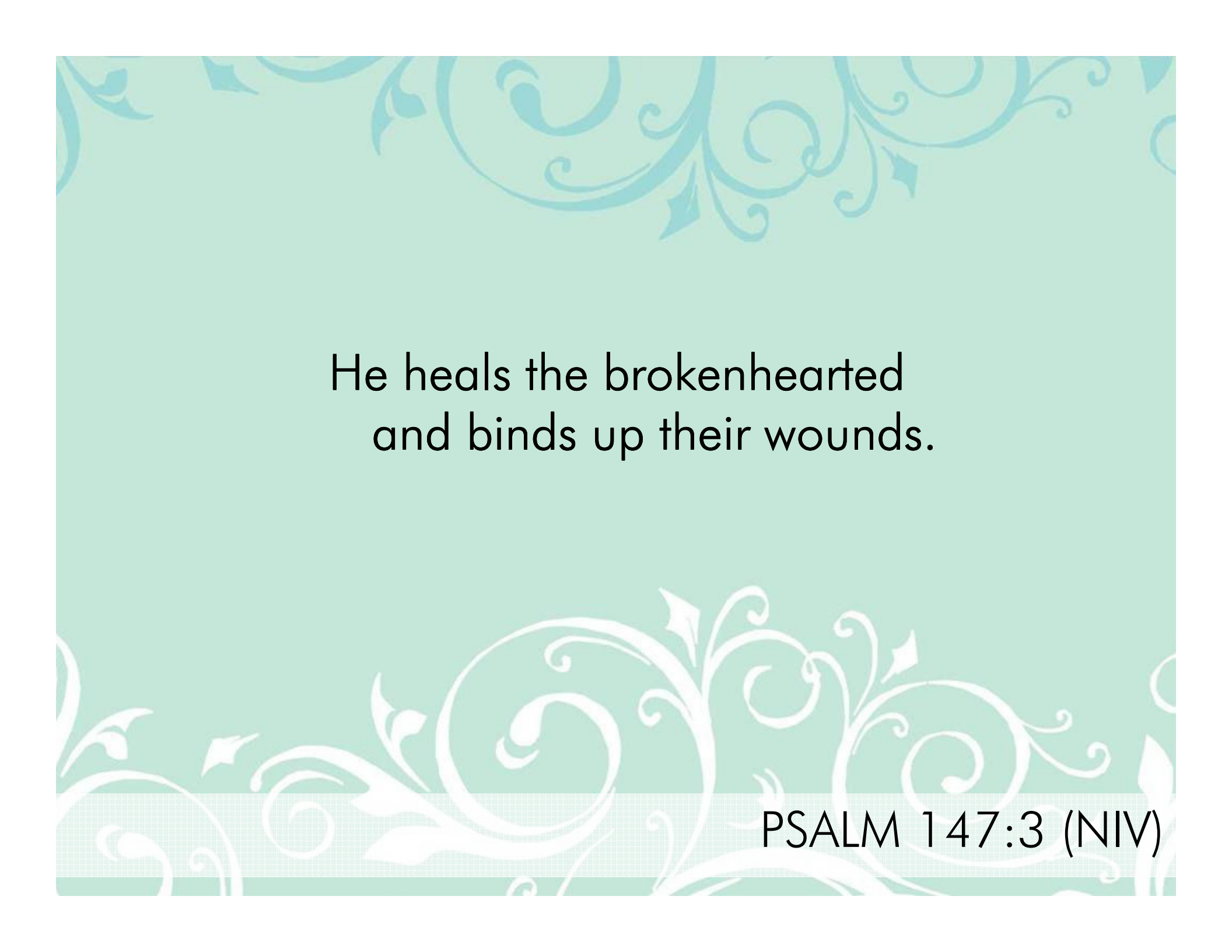


“Emmanuel” = God with us!

The background of the slide is a light teal color. It features decorative floral and scrollwork patterns. At the top, there are teal-colored scrolls and leaves. At the bottom, there are white scrolls and leaves. A horizontal band with a fine white grid pattern runs across the bottom of the slide, partially overlapping the white floral patterns.

The LORD is close to the brokenhearted  
and saves those who are crushed in spirit.

PSALM 34:18 (NIV)



He heals the brokenhearted  
and binds up their wounds.

PSALM 147:3 (NIV)



3. Put on your **NEW SELF**.


<sup>17</sup> So I tell you this, and insist on it in the Lord, that you must no longer live as the Gentiles do, in the futility of their thinking. <sup>18</sup> They are darkened in their understanding and separated from the life of God because of the ignorance that is in them due to the hardening of their hearts.

<sup>19</sup> Having lost all sensitivity, they have given themselves over to sensuality so as to indulge in every kind of impurity, with a continual lust for more...

Ephesians 4:17-24 (NIV)

<sup>20</sup> You, however, did not come to know Christ that way.  
<sup>21</sup> Surely you heard of him and were taught in him in accordance with the truth that is in Jesus. <sup>22</sup> You were taught, with regard to your former way of life, to put off your old self, which is being corrupted by its deceitful desires; <sup>23</sup> to be made new in the attitude of your minds; <sup>24</sup> and to put on the new self, created to be like God in true righteousness and holiness.

Ephesians 4:17-24 (NIV)



WE have to make a decision  
to put on the new self...

*...regardless of our feelings!*



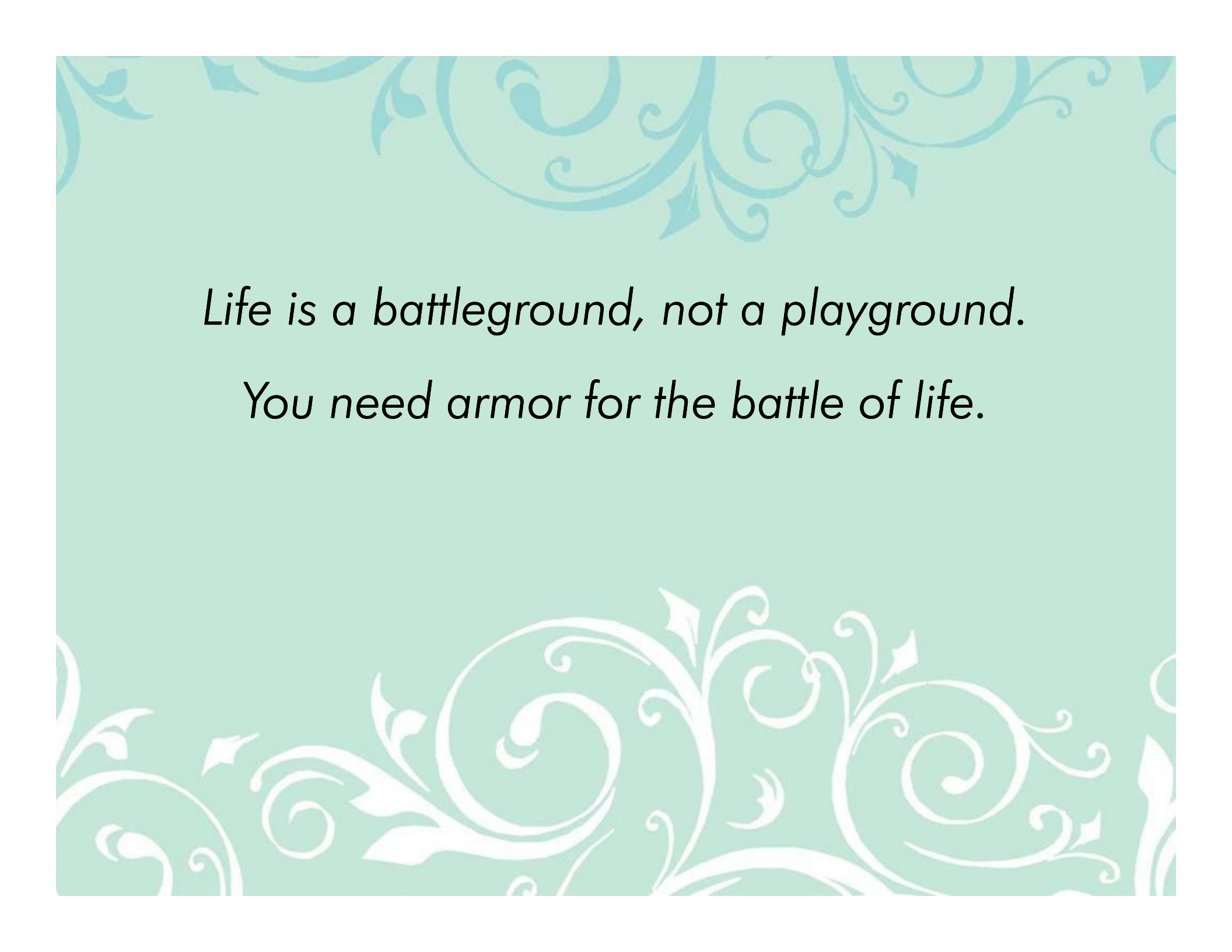
4. Be aware of the **SPIRITUAL BATTLE.**

<sup>10</sup> Finally, be strong in the Lord and in his mighty power.  
<sup>11</sup> Put on the full armor of God so that you can take your stand against the devil's schemes. <sup>12</sup> For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms.  
<sup>13</sup> Therefore put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand...

Ephesians 6:10-18 (NIV)

<sup>14</sup> Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness in place,  
<sup>15</sup> and with your feet fitted with the readiness that comes from the gospel of peace. <sup>16</sup> In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one. <sup>17</sup> Take the helmet of salvation and the sword of the Spirit, which is the word of God. <sup>18</sup> And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the saints.

Ephesians 6:10-18 (NIV)



*Life is a battleground, not a playground.*

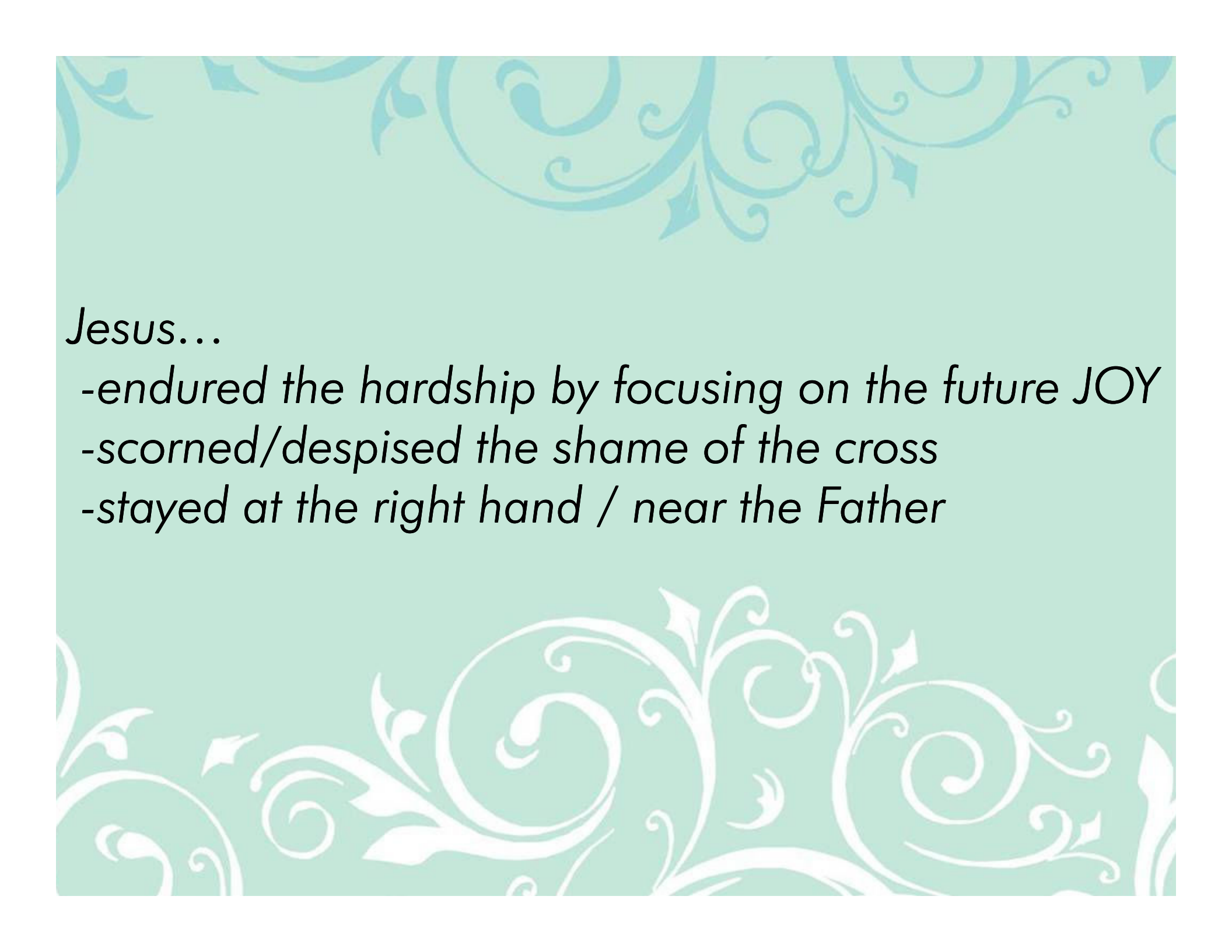
*You need armor for the battle of life.*



5. **FOCUS** on Jesus.

<sup>1</sup> Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles, and let us run with perseverance the race marked out for us. <sup>2</sup> Let us fix our eyes on Jesus, the author and perfecter of our faith, who for the joy set before him endured the cross, scorning its shame, and sat down at the right hand of the throne of God. <sup>3</sup> Consider him who endured such opposition from sinful men, so that you will not grow weary and lose heart...

HEBREWS 12:1-13 (NIV)



*Jesus...*

- endured the hardship by focusing on the future JOY*
- scorned/despised the shame of the cross*
- stayed at the right hand / near the Father*



*We don't have to lose heart!*

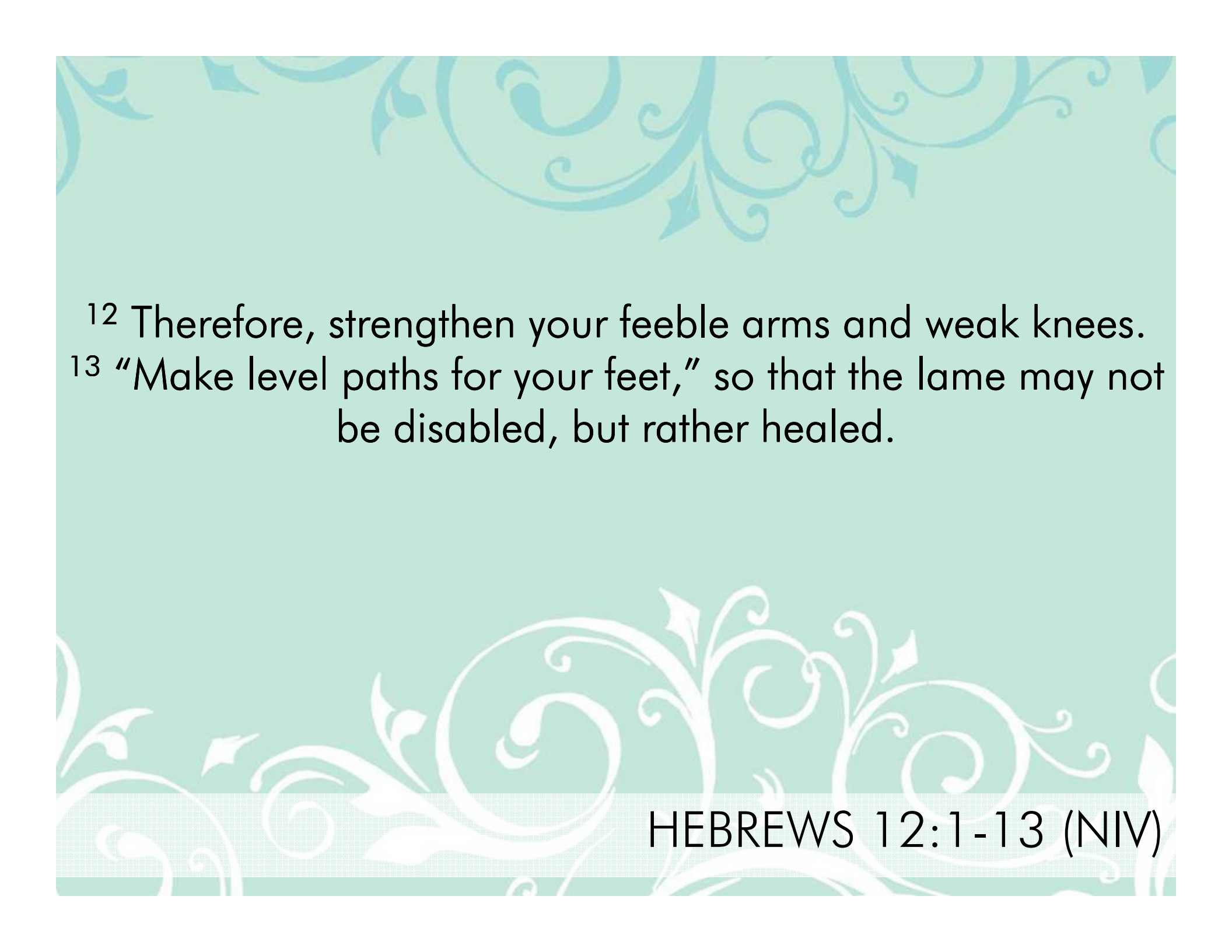
<sup>4</sup> In your struggle against sin, you have not yet resisted to the point of shedding your blood. <sup>5</sup> And you have forgotten that word of encouragement that addresses you as sons:

“My son, do not make light of the Lord’s discipline,  
and do not lose heart when he rebukes you,  
<sup>6</sup> because the Lord disciplines those he loves,  
and he punishes everyone he accepts as a son.”

HEBREWS 12:1-13 (NIV)

<sup>7</sup> Endure hardship as discipline; God is treating you as sons. For what son is not disciplined by his father? <sup>8</sup> If you are not disciplined (and everyone undergoes discipline), then you are illegitimate children and not true sons. <sup>9</sup> Moreover, we have all had human fathers who disciplined us and we respected them for it. How much more should we submit to the Father of our spirits and live! <sup>10</sup> Our fathers disciplined us for a little while as they thought best; but God disciplines us for our good, that we may share in his holiness. <sup>11</sup> No discipline seems pleasant at the time, but painful. Later on, however, it produces a harvest of righteousness and peace for those who have been trained by it...

HEBREWS 12:1-13 (NIV)



<sup>12</sup> Therefore, strengthen your feeble arms and weak knees.  
<sup>13</sup> “Make level paths for your feet,” so that the lame may not be disabled, but rather healed.

HEBREWS 12:1-13 (NIV)

<sup>5</sup> “My son, do not make light of the Lord’s discipline,  
and do not lose heart when he rebukes you...”

“rebuke” = to bring to light, to expose

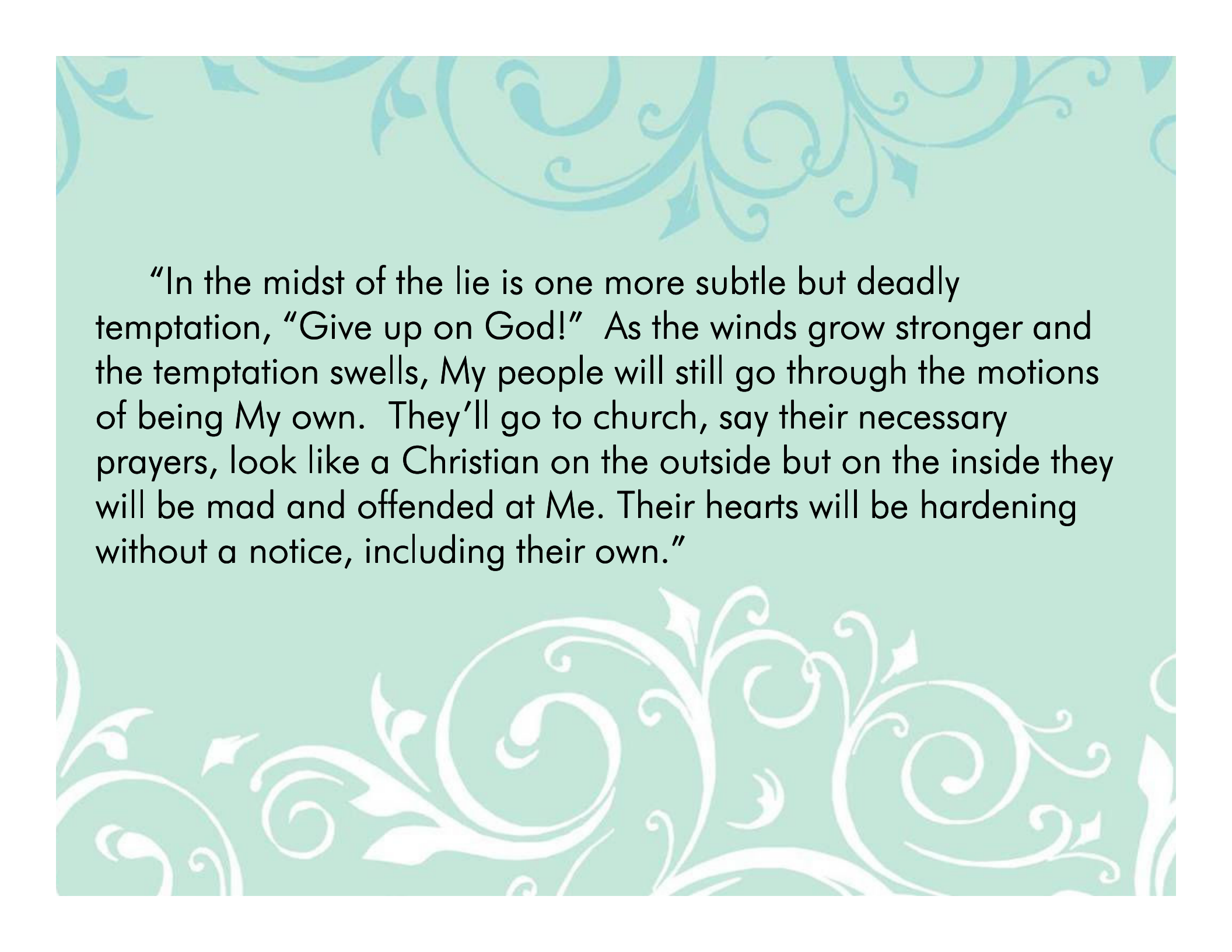
HEBREWS 12:5b (NIV)



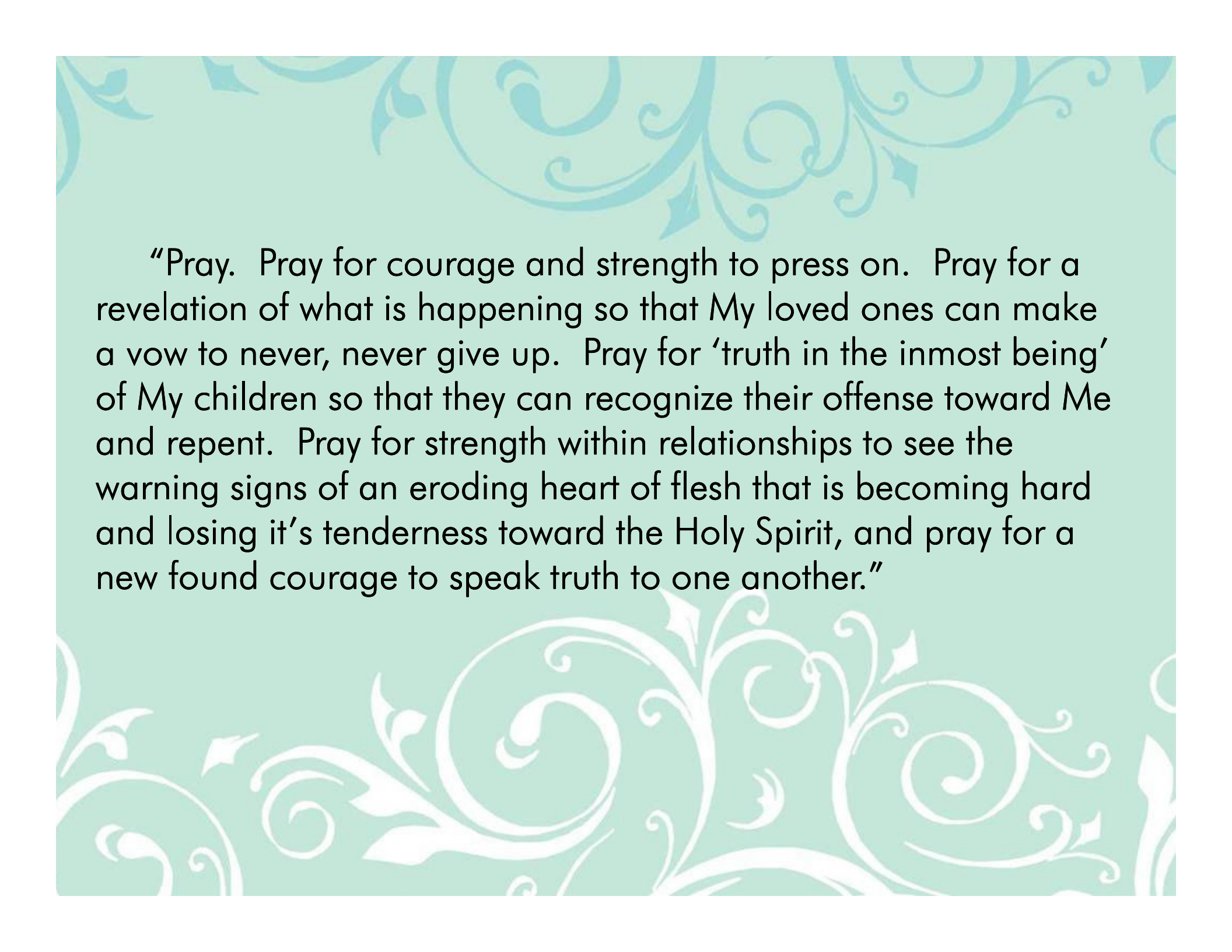
## A Word from the Lord – “The Winds of Discouragement”

Dec. 2006

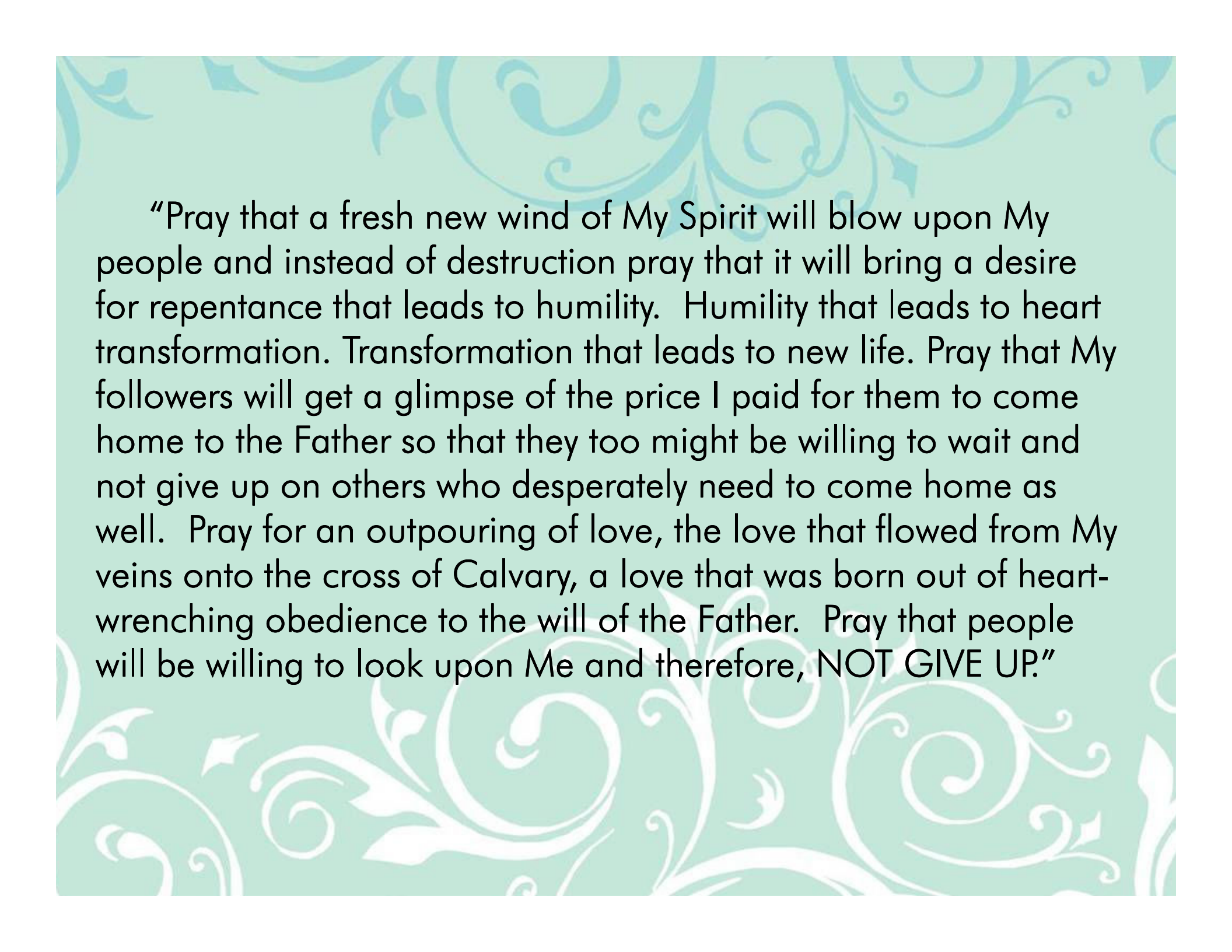
“The winds of temptation are blowing – they are torrential winds of severe discouragement blasting God’s people with the intent of damaging even those whose lives are built on a strong foundation. Pray. Pray for awareness that My people will recognize the source of the storm they find themselves in. It’s a mental and emotional storm instigated by the evil one, the father of lies. He is sending a message of deceit upon the wind currents of the storm and the lie he is perpetuating is, “It’s time to give up!” He goes on to whisper deceitful words, “You’ve tried everything, just give up! You’ve tried so hard to do the right thing and it made no difference, just give up! It’s no use. Give up on the person you’ve been praying for. Give up on the relationship you’ve been trying to reconcile. Give up on that sin or habit that you long to conquer. Just give up!”

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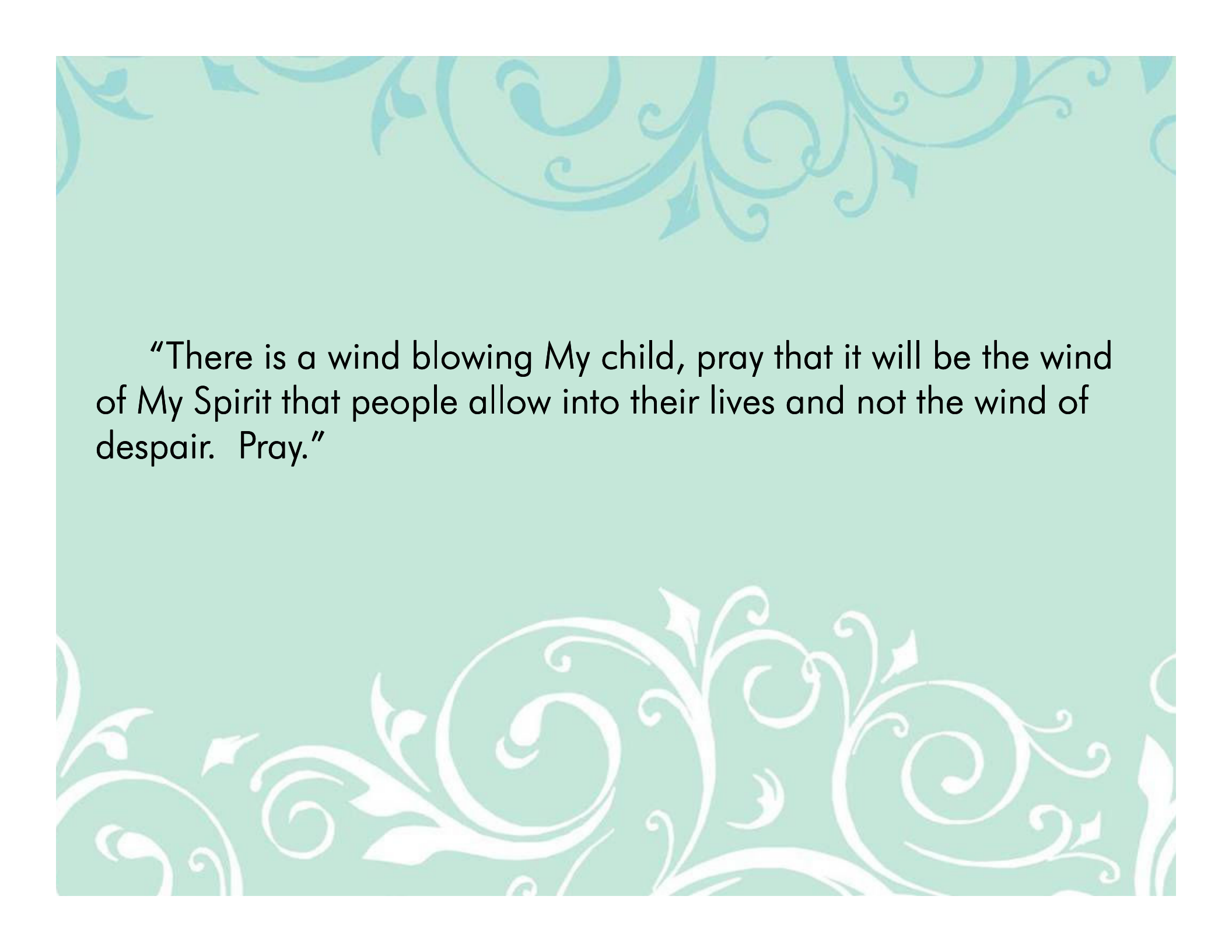
“In the midst of the lie is one more subtle but deadly temptation, “Give up on God!” As the winds grow stronger and the temptation swells, My people will still go through the motions of being My own. They’ll go to church, say their necessary prayers, look like a Christian on the outside but on the inside they will be mad and offended at Me. Their hearts will be hardening without a notice, including their own.”

The background of the slide is a light teal color with a repeating pattern of white and darker teal floral and scrollwork designs. The text is centered in the middle of the slide.

“Pray. Pray for courage and strength to press on. Pray for a revelation of what is happening so that My loved ones can make a vow to never, never give up. Pray for ‘truth in the inmost being’ of My children so that they can recognize their offense toward Me and repent. Pray for strength within relationships to see the warning signs of an eroding heart of flesh that is becoming hard and losing it’s tenderness toward the Holy Spirit, and pray for a new found courage to speak truth to one another.”



“Pray that a fresh new wind of My Spirit will blow upon My people and instead of destruction pray that it will bring a desire for repentance that leads to humility. Humility that leads to heart transformation. Transformation that leads to new life. Pray that My followers will get a glimpse of the price I paid for them to come home to the Father so that they too might be willing to wait and not give up on others who desperately need to come home as well. Pray for an outpouring of love, the love that flowed from My veins onto the cross of Calvary, a love that was born out of heart-wrenching obedience to the will of the Father. Pray that people will be willing to look upon Me and therefore, **NOT GIVE UP.**”



“There is a wind blowing *My child*, pray that it will be the wind of My Spirit that people allow into their lives and not the wind of despair. Pray.”

