

# “Healing the Heart & Life by Walking with Jesus Daily” by Dallas Willard



September 23 - October 28, 2003  
Valley Vineyard Church  
Reseda, California

WELCOME to our 12-session course sponsored by  
Dallas Willard Ministries & Jesus College



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MINISTRIES  
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# “Healing the Heart”

Session 4 - “Understanding the Will & the Mind -  
The Center of Brokenness” (part 2)  
[Video 2B](#) [31:15 length]



*We are grateful to Dallas Willard Ministries  
for providing these free videos.*



*Father, we thank you for your wonderful, beautiful teachings. We thank you for the scriptures. We thank you for the presence of the Word up on the earth. We ask that you would give to each person here just exactly what they individually can profit from, but lift our hearts in hope and joy and peace because we know the good Shepherd in whose name we pray. Amen.*

Dallas Willard  
Healing the Heart Teaching #2



## Session 3 Review

It is only the living relationship to Jesus that can actually pull us straight and begin to help us find our way in Him towards the fullness that is in Christ. From that point of view — the thought of Jesus on the throne — all of the wonderful promises that God gives and that we see in Jesus Christ become real.





## **Dallas' Teaching # 2** (part 2)

Frank Laubach – Knowing God Now

**Frank Laubach** — A beautiful illustration of learning to interact with God and learning how to really let God's thoughts replace your thoughts.

Laubach chose to think on God.

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

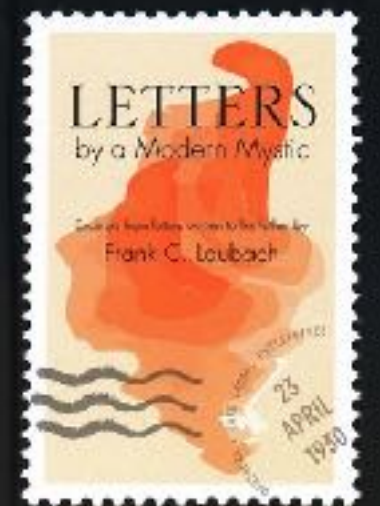




## **A Remarkable Case — Frank Laubach**

*“I resolved, and then re-resolved that I would find God’s will, and I would do that will though every fiber in me said no, and I would win the battle in my thoughts. It was as though some deep artesian well had been struck in my soul... And strength came forth.”*

*“How would it be if I were able to submit myself to God moment by moment?” After four weeks...“I feel simply carried along each hour doing my part in a plan which is far beyond myself. This sense of cooperation with God in little things is what so astonishes me.. 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.”*





Our choice...

*What am I really wanting to accomplish in my life with God?*

*Would I like to have constantly the sense of walking with  
the great Lord, who is my shepherd?*

He will not force his presence on you. Sometimes that happens, but you cannot count on it and that's because He will not compete for your attention.

*“Seek me for you shall find me when you seek me  
with all your heart.” Jeremiah 29:13*

That's something for you to do.





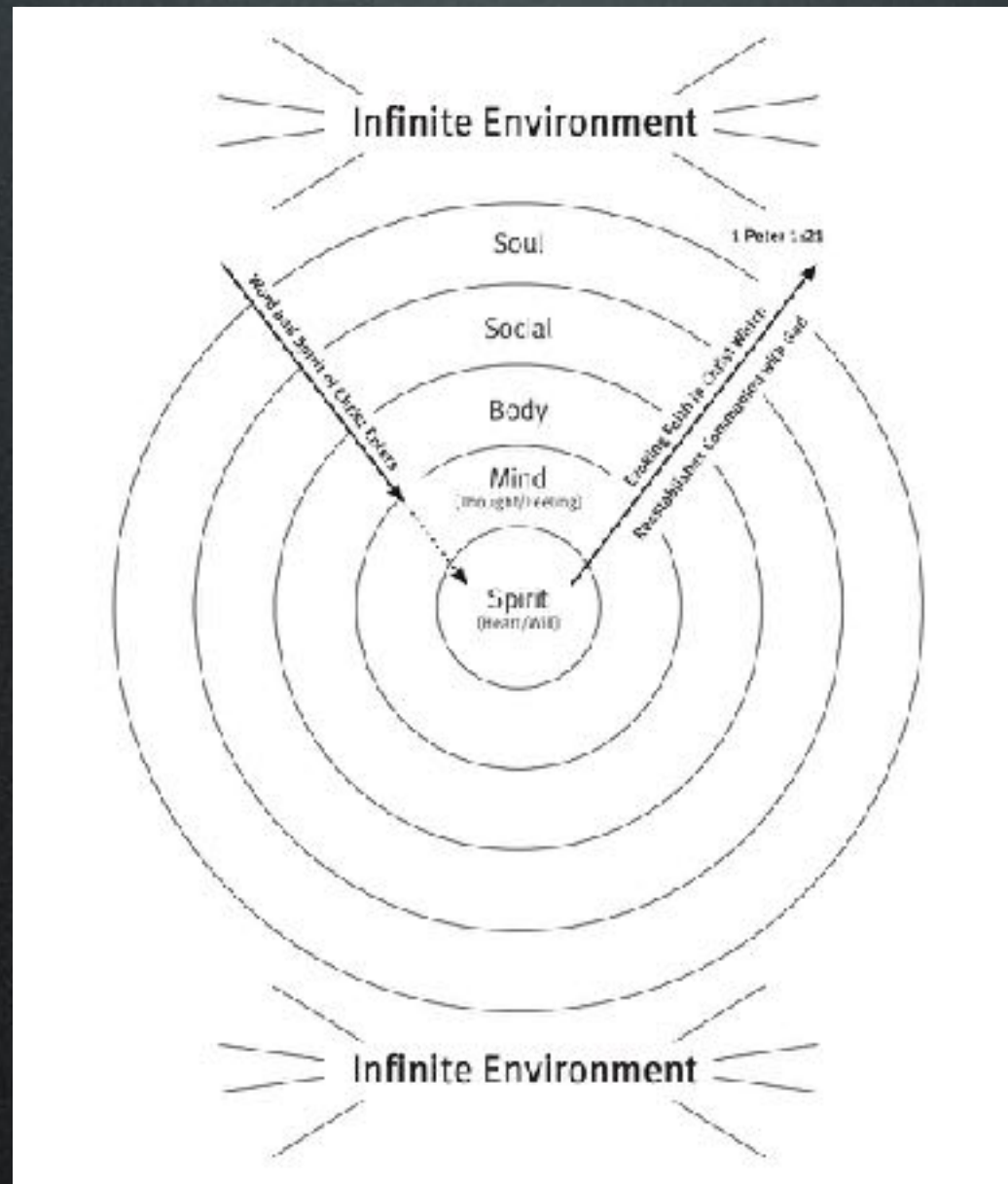
# Turning Our Mind to God

The first freedom that comes to us...

Chose what we think about.

I am going to have God before my mind

*If we want to see progress in all these circles, we have to focus on the mind.*



Love God  
with all your  
Heart,  
Mind,  
Soul,  
Strength,  
and love  
your  
Neighbor  
as yourself.



## The Power of Indirection

*Heads up! Dallas is teaching us how to be transformed in Christ.*

*“Love fulfills the law.” Romans 13:8*

If you're living out of love, you don't have to say, “Shall I steal or not?” That doesn't come up. I want to emphasize what I said last session — if we're going to deal with behavior, what we want to do is stay out of even the thought, and the way to stay out of the thought is through the renewal or transforming of the mind.

*“Renewing the Mind”*

*Romans 12:1-3*



“Stop imitating the ideals and opinions of the culture around you, but be inwardly transformed by the Holy Spirit through a total reformation of how you think. This will empower you to discern God’s will as you live a beautiful life, satisfying and perfect in his eyes.”

Romans 12:2, The Passion Translation



# Problems & Practices Transforming the Mind

1. Not everybody can change due to mental bondage.
2. Not everybody wants a mind filled with God.
3. Means to retain God in our knowledge...or not.

*“If I fill my mind with God, there are other things I can’t fill it with.”*





## Becoming a Psalm 1 Person

“Happy are those who do not follow the advice of the wicked or take the path that sinners tread or sit in the seat of scoffers, but their delight is in the law of the Lord, and on his law they meditate day and night.” Psalm 1:1-2

Psalm 23 = What happens when Psalm 1 takes place.

There's so much in the Psalms about the law as a wonderful treasure...better than gold, sweeter than honey, all those wonderful phrases about the law of God.

Is the Lord my Shepherd?







## Keeping Jesus in Mind

*If you pull Jesus out of your mind,  
something else will take His place.*

Are the Ten Commandments good things?

If you don't have them there, what are in their place?

This is a serious, serious problem for us today.

Here's the problem...do we really want God's ways?

What would my life be like if my mind was full of Jesus?





## Dealing with our Resistance

† Vacation from God — How I lead my life. Can I still sin?

We have to go through the process of changing our wanters.

Could God sin? He could but He's too smart.  
The same reason I don't stick a pen in my eye.

† Comfort from God — We have to learn that it's really by entering into the goodness of God and His Kingdom, and knowing the action of God with you day by day.

It's only that way that you feel comfortable.





## **Dealing with our Resistance** (continued)

† Changed by God with God

*“God, help me think like I don’t want to think.”*

We have to “will” and we have to pray.

An honest place to start...to be willing to be willing.

Becoming one who thinks, “I’m not bothered by what people can do to me. I will take reasonable steps about that. I might put the lock on my door, but I’m not going to trust the lock, I’m going to trust God.”



To say, *“The Lord is my shepherd”* means I do the things that I know are right and good, but my trust is in the Lord. There’s always the Lord right there!





Let's practice directing our minds to God as best we can.

Psalm 23 + 1 Thessalonians 5:18 + Romans 5:8

“In everything give thanks for this is  
the will of God concerning you.”

“God commands His love towards us in that  
while we were yet sinners, Christ died for us.”

*What are you thankful for?*



# **“Healing the Heart”**

*“Understanding the Will & the Mind”*

Video 2B [27:55 - 29:05]

*An “Opportunity” with Dallas*





# Q&C

Your Questions & Comments are welcome!

(Use the Q&A on the bottom of your Zoom screen)



Q&A



**80:00 + 10K**

**Meditation** – *1 Thessalonians 5:18 + Psalm 23*

## **Application**

**VISION** – Do I see God at every turn in my daily life?

**INTENTION** – How much do I really want to be filled with the way of God?

**MEANS** – Add “Giving thanks” to Psalm 23



† Cross Fit





## Session 4 Summary

“The path forward towards the healing of the heart means the renovation of the mind, and that means that the images and thoughts and the teachings of the Scripture about God and your world now come in and occupy your mind, and that lays a foundation for your will to act differently.”



## Next Session

# “Out of the Furnace of Feeling”

Part 1

[Video 3A](#) [Length 49:26]

Know others who might join us?  
Register – [info@JesusCollege.com](mailto:info@JesusCollege.com)

*We will email you and post in the Jesus College  
“Renovation” page an updated study guide with the  
transcript of videos 3A & 3B.*



You have the choice to think of God...or not...in your next 10,000 minutes. My prayer and encouragement is that you want to and you do so.

Doug



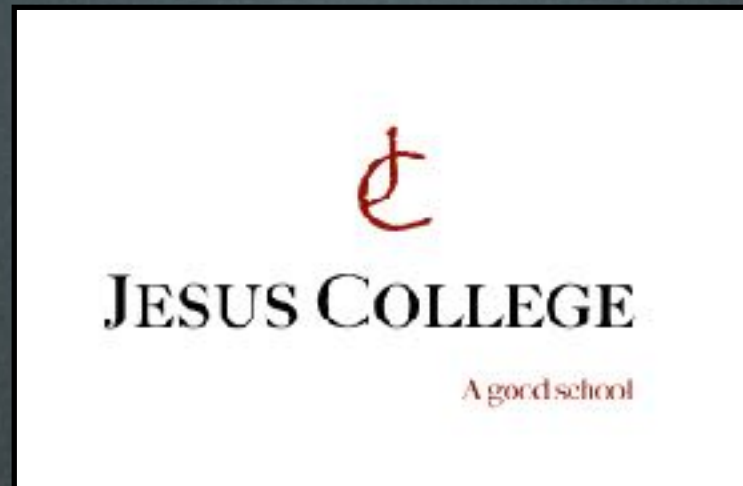


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Information...Registration — [JohnC@dwillard.org](mailto:JohnC@dwillard.org)





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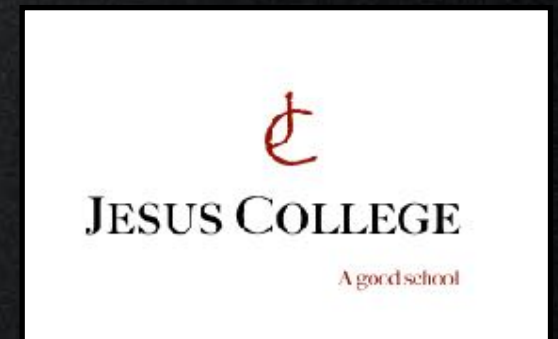


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