

“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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JESUS COLLEGE

A good school

“Healing the Heart”

Session 8 - “The Broken Body & Its Social World (part 2)

[Video 4B](#) [34:08 minutes]



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

Session 7 Review

Jesus and His apostles teach that our habits reveal what we have sown in our bodies and social relations. By standing in worship through the gift and power of grace, we can learn how to embody the way of Jesus in our active temple.



“The Broken Body & Its Social World (part 2)

Jesus Teaching on the Weak Flesh (continued)

Last Session – Jesus knew that sin is deeper than sins. It is sin, not sins, that must be dealt with in healing of the broken life by walking with Jesus.

This Session – Like Jesus we can say,

“Satan has nothing in me.” John 14:30

It’s the wrong or the wrung that is already in us, and in our bodies, and in our social situation that makes us susceptible, and that's what we want to get out.

*“Before the cock crows,
you’ll deny me three times.”*



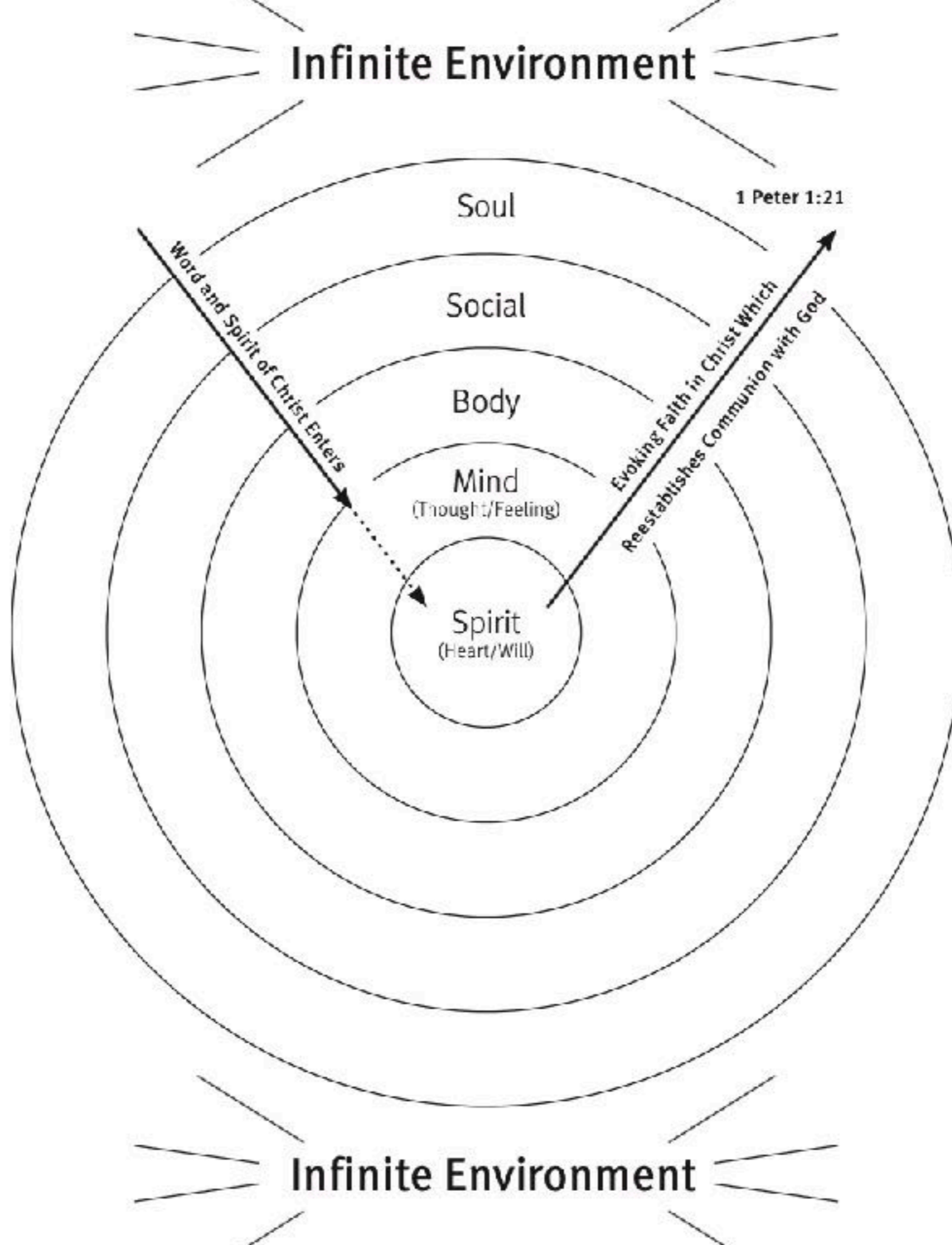
Mortification - Killing Off Sin

Mortification is a primary part of the spiritual life in the New Testament. We allow the things that are wrong in us to wither and die.

“If you through this Spirit do mortify the deeds of the body, you shall live.” Romans 8:13

Paul is not talking about the deeds of the body in the natural sense, but the deeds of the body saturated in the wrong stuff and living out here in a social world where there's so much in you, and people can just come by and grab you, and make you dance like a puppet on a string because of what's in you.

Love God
with your
Heart,
Mind,
Soul,
Strength,
and your
Neighbor



Jesus had
these circles
and
Satan was
not able to
enter them.

*Renovation of
the Heart*
(2021, p. 34)
(2002, p. 38)



The great triumph of Jesus in the garden was that He made it to the Cross. He wasn't trying to avoid the Cross. He's trying to get there. It was Satan's last chance to stop him.

“Father, if You are willing, remove this cup from Me; yet not My will, but Yours be done.” Luke 22:42

The Social Side of the Person

Primary forms of lovelessness in social situations:

Attack – Preying upon someone.

Withdrawal – Distancing ourselves from others.

“The Good Samaritan” Luke 10

The Levite & the Priest - Withdrawal

The Samaritan - Compassion out of who he was

We have to be able to stand somewhere to rise above

“having our feelings hurt”.

The place is worship and adoration and obedience.

“Peter went out and wept bitterly.”

He realized who he was. He had genuine repentance.

“I am the kind of person who does that sort of thing. And I am that kind of person because of the way I think and the way I feel and where I put my mind, and the fact that my body is so accustomed to doing that, that it overruns my headlights and does it before I have a chance to think about it.”

The Importance of “Cues”

Not getting on the conveyor belt to sin.

Indicators become cues to do something else.

“She’ll be coming ‘round the mountain when she comes.”

Contempt doesn't just come like a shot out of a pistol.

Hurricane vs. Earthquake - One is predictable

Velcro vs. Teflon - One sticks, the other resists.

Do something else. *“I’m not going there!”* Instead of...

Attack — Prey upon someone, seek...

Agape — Pray upon someone.



Preparation to Heal the Body & Social Relations

† – Assurance I'm not missing out by not sinning.

† – Decide not to sin.

Can I do that? Yes, you can!

Give your best. Seek the Lord.

You won't drift in. You decide.

† – Take care of your body.

Treat your body with respect. Bless it. Your body is holy.

“Straight is the gate. Narrow is the way.” Matthew 7:14





Training the Body

† — My body is not a pleasure and power source to manage my “kingdom” or my “queendom”.

† — Adequate rest including times when I do nothing .
The spiritual practice - “Nap-sio Divina”

† — Surrender in worship, service and doing what’s right.

“Present your body as a living and holy sacrifice.” Romans 12:1

Help from Christian Groups

† — Totally eliminate Attack & Withdrawal.

Assure your brothers & sisters in Christ of this.

† — Dare to be really present to others before the Lord.

Don't hurry. Listen more than you talk.

† — Expect from the Lord not from people.

“I was determined to know nothing among you except Jesus Christ, And Him crucified.” 1 Corinthians 2:2



We just have to get over the idea that one can be righteously mean for God's sake. This is a great grace. It must be learned through discipleship to Jesus constantly chosen and practiced under the leadership.

“Peace be to you all who are in Christ.” 1 Peter 5:14



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 Corinthians 13 Twice a day

Application

VISION — Attack or Withdrawal: what do I see more in me?
In my family?

INTENTION — What “1 Thing” will I decide to stop this week
to learn how to change inwardly, possibly in a
“coming ‘round the mountain” situation?

MEANS - What discipline will I practice to care for my body?



† Cross Fit

Session 8 Summary

Our body is created holy and it reveals to others who we are on the inside. Whether we live in sin or in the Spirit starts with genuine repentance and leads to choices we make by grace with our body and our relationships with others.



Next Session

“Healing the Soul”

Part 1

[Video 5A](#) [Length 52:26]

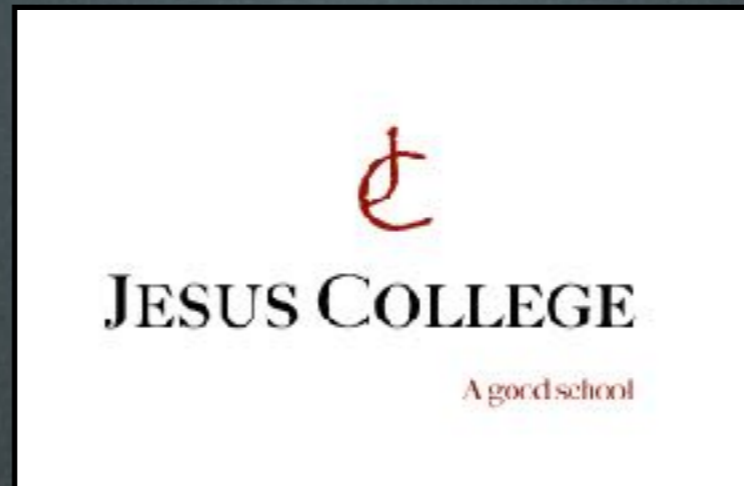
An updated study guide with the transcript of videos 5A & 5B will be emailed to you and also posted in the Jesus College “Renovation” page.

Special thanks to Jake Fox, Sande Rajcic & Janet Ribet for their scribe work on the transcripts.

The SCHOOL of KINGDOM LIVING



Information...Registration — JohnC@dwillard.org



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“A Student of the Superior Benefactor”

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“Training to be proficient in willing the good”

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