

# “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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# “Healing the Heart”

Session 6 - “Out of the Furnace of Feeling” (part 2)

[Video 3B](#) [29:43 minutes]



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



## **Sesssion 5 Review**

The thought of being an “unceasing spiritual being with an eternal destiny in God's great universe” can place feelings in the proper position to incline us to will what is good with Jesus like Jesus by Jesus.





# *“Out of the Furnace of Feeling” (part 1)*

## The Role & Control of Emotions

Flashback to  
last session

The way of Christ is all real. Not a single thing that happens to us in this world is not redeemable.

~ ~ ~

I am an unceasing spiritual being with an eternal destiny in God's great universe.

*“All things work together for good to those who love God and are called into His purposes.” Romans 8:28*







## *“Out of the Furnace of Feeling (part 2)”*

*“I have decided to follow Jesus, no turning back.”*

And, I have decided to no longer be dominated by feelings.

If we concede to feelings the rule of our life—living to gratifying them—they will corrupt our thinking and thought will become crazy, devoted to rationalizing our acts.

*“... they are the enemies of the cross of Christ:  
whose end is destruction, whose god is their belly,  
and whose glory is in their shame—  
who set their mind on earthly things.”*    *Philippians 3:18-19*



When “good” is not driven by “desire”,  
telling the truth is a good thing!

*Feelings are lord. They are holy.*

*~ Or ~*

Feelings are good servants,  
but they are horrible masters.



“Instead, speaking the truth in love, we will grow to  
become in every respect the mature body of him who  
is the head, that is, Christ.” Ephesians 4:15



## **How to Escape the Tyranny of Feeling**

*What do we do now if we have decided to not only follow Jesus, but to no longer be driven by our feelings?*

1. Identify the feeling pulling us off the course of Christlikeness...requiring careful, honest searching.
2. Decide to not gratify the feeling.  
I'm no longer emperor of my empire.
3. Pray, "Lord lift this!". We will learn God answers us.
4. Act to deny the feeling in a way to transform us.
5. Seek ministry and prayer of others to overcome feelings.



*A demon is simply a compound of thought and feeling that is sufficiently developed to lead a life of its own.*

~ ~ ~

*At the root of it all now must be the resignation of living to fulfill our feelings.*



## Feelings of Anger & Contempt\*

“Anything you can do with anger,  
you can do much better without it.”

The twin cousin of anger is contempt. It is one of the most powerful and destructive feelings in human life. I'd like to encourage you to believe that you can live entirely free of contempt. Contempt means that you regard them as worthless. *“Well, but I'm right!”*

The mistake - "I must go out and do that." No!

You don't solve problems of contempt by trying not to be contemptuous. You change inwardly.

\* See *The Divine Conspiracy*, p. 147-158





*I can stand for what is right, and I can stand in a way that people may have to kill me, but they cannot make me angry, and they cannot make me have contempt for them if I have taken care to let the mind and personality of Christ move into my life.*





# Spiritual Discipline to Master Feelings

- Solitude • Silence • Fasting • Scripture •
- Memorization • Prayer •

*Remaining sweet and strong when I don't get what I want.*

“There is no fear in love. But perfect love drives out fear, because fear has to do with punishment. The one who fears is not made perfect in love.” 1 John 4:18





## Wisdom with Feelings

- 1) You cannot deal with feelings head on.
- 2) As adults, we are responsible for our feelings.
- 3) We can master all “sin generating” feelings by grace and wise action.

“Therefore, since Christ suffered in his body, arm yourselves also with the same attitude, because whoever suffers in the body is done with sin. As a result, they do not live the rest of their earthly lives for evil human desires, but rather for the will of God.” 1 Peter 4:1-2



## **Final Encouragement**

We do not fail to receive healing of life in Christ because of lack of will. That's not the problem. It is because of lack of intelligent order and decision and removing the things that defeat will, that's what we have to work on.

*“Those who belong to Jesus Christ have crucified the flesh with its passions and desires.” Galatians 5:20*

## **Two Vital Questions**

Does this represent something that has happened in my life? Am I willing for this to happen in my life?



**You cannot change your thoughts by changing your feelings,  
but you can change your feelings by changing your thoughts.**



# 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 Peter 4:1-2*

## **Application**

VISION — Do I see God's Kingdom of grace breaking the control of my feelings?

INTENTION — Have I decided, am I willing, to surrender my feelings to Jesus?

MEANS — What discipline will I practice this week to apply my "will" to change?



† Cross Fit



## **Session 6 Review**

By the grace of God through our relationship with Jesus, we decide to intentionally seek mastery over our feelings through the perfecting work of love found in God and the practices of the way of Jesus.





# **Next Session**

## **“The Body & Social”**

Part 1

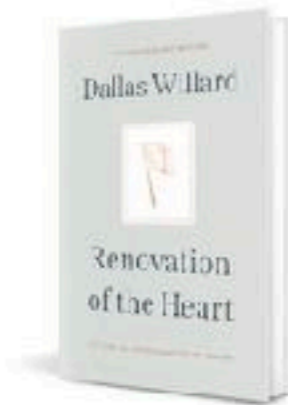
[Video 4A](#) [Length 44:47]

*An updated study guide with the transcript of videos 4A & 4B will be emailed to you and also posted in the Jesus College “Renovation” page.*



# Pray for upcoming gatherings

## RENOVATION of the HEART Gathering



### *An In-person, In-depth, Informative, Inspiring Gathering*

Engage a journey through Dallas Willard's life changing book *Renovation of the Heart* that has provided a path for thousands of Jesus followers for over 20 years to put on the character of Christ. Our interactive conversation will encourage and equip you to love God and your neighbor through the six dimensions of your human nature.

**Saturday, October 5, 2024**

9 AM - 4 PM

Campbellsville University, Kentucky

\$10 includes lunch & *Renovation of the Heart in Daily Practice* book

Interactive Teaching ~ Community Conversation ~ Fellowship ~ Book Resource

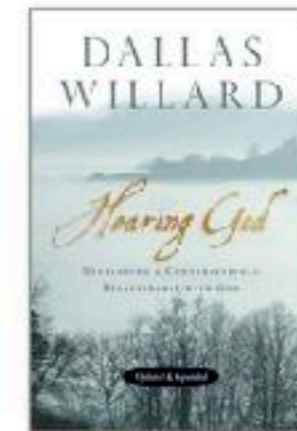
Led by Doug Webster, JESUS COLLEGE & Dr. Eric Bruns, CU Psychology Professor

Registration or Information — [info@JesusCollege.com](mailto:info@JesusCollege.com)

*Presented by*



## HEARING GOD Gathering



### *An In-person, In-depth, Informative, Inspiring Gathering*

Join a small group of apprentices of Jesus engaging Dallas Willard's first Christian book *Hearing God* covering topics such as: *How do you hear God's voice? How can you be sure it is not your subconscious? What role does the Bible play? What if the message is unclear?* Invest a day to gain rich insight into how to develop a conversational relationship with God to become as Dallas writes, "confident and competent in practice of life in Christ and bearing His voice."

**Saturday, October 12, 2024**

9 AM - 7 PM

Los Angeles

\$49 includes lunch & dinner

Interactive Teaching ~ Community Conversation ~ Fellowship Meals ~ Study Resources

Led by Doug Webster, JESUS COLLEGE

Registration or Information — [info@JesusCollege.com](mailto:info@JesusCollege.com)

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## **Closing Prayer by Dallas**

*Father, we thank you for this word that comes to us from our brother Paul and other writers. Good teaching that we can genuinely be transformed. And we ask you to lead us gently into this so that even as we go... there will present itself to our minds ways that we can drop the terribly negative and harmful feelings and emotions that rule life outside of you. So, we count on you to do it and ask you to glorify the name of your son Jesus in so doing. Amen.*

Dallas Willard  
"Healing the Heart" teaching #3



# The SCHOOL of KINGDOM LIVING



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





Apprentice to Master Love — //Nouns  
*“A Student of the Superior Benefactor”*

Apprentice to Master Love — //Verbs  
*“Training to be proficient in willing the good”*

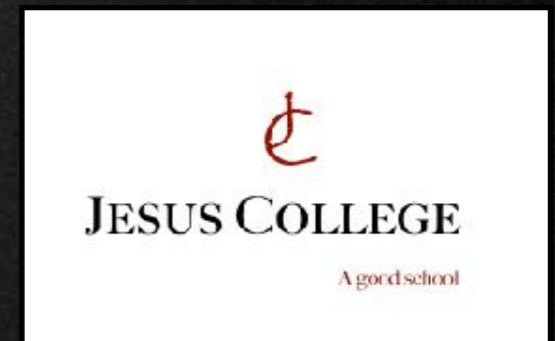


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**The Vision of Jesus College** - Equipping Trainers—Parents, Pastors, Professionals, Professors, Politicians—to mentor Senior Apprentices who will make Apprentices of Jesus.

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