



My Spiritual Journey – Giving My Heart 1-1

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MY SPIRITUAL JOURNEY – GIVING MY HEART

Before we start...

Introduction

Thank you for taking the time to listen to me and your wish to deepen your experience of your spiritual life. I am extremely humbled by you being here. It is a privilege for me to share my thoughts on my spiritual journey with you and I'm grateful for your willingness to share with me and to help me along on this journey. I certainly hope that all of us would greatly succeed in our quest to transform our lives and align our lives with our ultimate soul purpose.

C. S. Lewis said in his book "*Reflections on the Psalms*" the following: "This is not a work of scholarship. I am no Hebraist, no higher critic, no ancient historian, no archaeologist. I write for the unlearned about things in which I am unlearned myself." I want to echo that and add: I am no psychologist and do not have a doctor's degree in divinity. I am inviting you to walk this road, to a large extent uncharted, entering a life that is promised to be exciting and fulfilling.

This Journey is about you and your experience working with the Holy Spirit. I will be prompting you to seek the guidance of the Holy Spirit and to work with Him each and every moment of your day and in each and every situation. The material that will be available is not apologetic, I am not going to try to convince you to believe in Jesus Christ, if you do not believe in Him (which I hope you do, though), but would expect from you to put your unbelief aside and open your heart for the unexpected. Talking about the Spirit – Somebody in the Unseen Realm – you should be expecting and looking forward to supernatural things happening. This short Journey takes place in 4 stretches namely:

1. Put on your walking shoes – Prepare for the Journey.
2. What is driving you in life?
3. The battle between the flesh and the spirit.
4. The path.

I sincerely hope that this short Journey will ignite the embers in your soul and that you would "keep your eyes on Jesus, who both began and finished this race we're in. Study how he did it. Because he never lost sight of where he was headed - that exhilarating finish in and with God - he could put up with anything along the way: cross, shame, whatever." - Hebrews 12:2 (The Message). This Journey will certainly show you that with the help of the Spirit you can stop being dragged under by life, you can stop trying to be the first rat in the rat race, and that you can enjoy the exciting roller-coaster life-ride without fear.

Life is not fair.

There is nothing wrong with being depressive or negative sometimes – but it is wrong if you choose to keep on living that way. You will be missing out on so many good things in life. Many of us believe that feeling depressed is a normal part of growing older, but that can't be further from the truth. Regardless of age, no one is destined to suffer from feeling depressed. Choose the high road now and leave depression and anxiety behind. Paul said in Philippians 3:13 "but one thing [I do], forgetting the things which are behind, and stretching forward to the things which are before," ASV. This goal to reach the "things that are before" also makes the Journey meaningful and not just a wandering in the woods

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What will happen if you don't take action now? You will keep on running (if you run now) until your toenails come off; you would keep on reading books (millions of chapters – that is if you read) until the characters in your books become more important than real people in your life; you will keep on working (12 hours a day) until you can't think straight. Are you **happy** doing all these things? Are you beaming with joy? No, you do them because you think you should do them, that they make your life meaningful. But the more you do them, the more you keep yourself busy and away from the real important things you should be doing as an imager of God. What is it that makes us living a more fulfilled life?

How do you react to what life is throwing at you? Do you become despondent? Or depressed? Or throw in the towel? Or angry? Psychologists say that there are three main forms of aggression. Besides males fighting over females, aggression can also be defensive. A dog would feel threatened if cornered. He would growl, show teeth, raise hair, bark and even attack. It is sheer panicked induced anger and desperation. Are you desperate? Another form is predatory aggression. Think about a cat, an expert hunter. They will patiently stalk their prey and pounce on it with lightning speed if the time is right. How are you spending your time and energy?

Relationships

Dr. Robert Waldinger gave a TED Talk in Boston and referred to one of [the longest studies](#) stretching over decades and that is still continuing. Referring to the study he said it “has shown that the people who fared the best were the people who leaned in to relationships, with family, with friends, with community.”

Whether you are 25, 40 or 60 relationships are the most important things we can do in life to enhance the quality of our lives. The most profitable way to start and nurture relationship is by deepening our relationship with Christ. You can start that right in your own room without any expenditure or further requirements. You must, however, be prepared to take the risk of giving your heart, of giving your total being. Without that commitment the Journey won't live up to your expectations. Decide now whether you are prepared to do that.

Time is not on your side – Mark Twain said: “There isn't time, so brief is life, for bickering, apologies, heartburning, and callings to account. There is only time for loving, and but an instant, so to speak, for that.” Decide now to give your heart and start loving. If you are eager to join me on this exciting Journey please don't hesitate to enroll now.

God is constantly calling each human being to start an intimate and personal relationship with him. If you are a Christian believing in Jesus Christ, the supernatural power of God dwells within you. Paul said in I Corinthians 3:16 “Do you not know that you are God's temple and that God's Spirit dwells in you?” (ESV). If you are a Christian the Spirit is always in you and wants you to become each day more like Jesus. You just need to listen to Him. We will discuss this a little later more fully.

Become a Christian

If you are not a Christian, God is still calling you with exactly the same intensity. Maybe you want to watch this [4 minute video](#) for a crash course on becoming a Christian. If you don't want to look at the video you just need to pray the following prayer earnestly.

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Dear God, I know that I have not lived as you want me to. I am sorry and want to change. Thank you, Jesus, that You died for my sin and that You rose again and is now Lord. Please forgive me and help me to live as you want me to. Amen. Once you have prayed this God will send the Holy Spirit to dwell within you with His supernatural power – instantaneously!

Some last words

I want to close with a prayer. Before reading or listening I want you to find a place where you could follow it undisturbed. Find a quiet place, make yourself comfortable and prepare yourself for a living response with God, speaking and listening, thinking and receiving. Be relaxed, expecting and alert. To eliminate the clutter in your head and the tension in your body start with progressive muscle relaxation.

Start by slowly tensing the muscles in your toes – hold it for about 5 seconds - and then relax them for about 30 seconds. Move now up to you calves, thighs, abdominal muscles, chest, fingers and arms, shoulder, neck and then face muscles – 5 seconds tensing and 30 seconds relaxing them. Follow up with a breathing exercise.

If you are sitting, sit back on the chair and sit up straight and drop your shoulders. If you are standing don't rest your body weight on something in front of you – such as the back of a chair or podium. Stand up straight and let your arms hang loose on your sides with your shoulders slightly back. Breathe in through your nose for a count of 2 and hold for 1 count. Exhale through your mouth for a count of 4. Tighten your belly muscles to expel the last of the air from your lungs and in doing so drop your shoulders. Keep up the breathing for a while and then stop counting.

You should be more relaxed and alert now. Close your eyes and start to experience God in (maybe) a new way. "O Lord my God. Teach my heart this day where and how to find you. You have made me and re-made me, and you have bestowed on me all the good things I possess, and still I do not know you. I have not yet done that for which I was made. Teach me to seek you, for I cannot seek you unless you teach me, or find you unless you show yourself to me. Let me seek you in my desire; let me desire you in my seeking. Let me find you by loving you; let me love you when I find you."

With this prayer St. Anselm echoed Paul where he said in Ephesians 1:17: "I keep asking that the God of our Lord Jesus Christ, the glorious Father, may give you the Spirit of wisdom and revelation, so that you may know him better." Remember that the Spirit dwells in you and the He is the One that is guiding you to a deeper relationship with God. When you pray or listen to Him you will feel the excitement in your heart. Feel the warm feeling in your chest, the yearning and expectation of a life changing. This feeling will become more and more tangible and you would be able to enter into God's presence instantaneously when you wish for it.

This prayer by St Teresa of Avila makes it clear that God is nearer than anything else: "Lord, you are closer to me than my own breathing, nearer than my hands and feet." While you are still praying to God seeking to know Him better imagine that He is nearer to you than your own hands and feet, nearer than your own breathing. He is in you, around you, under you, over you... Experience Him – almighty, loving, magnificent... Feel your great need to know Him better and to experience his unfailing love and grace. Feel your need to express your inability to have a relationship with Him unless He helps you. "Lord Jesus Christ, Son of God, have mercy on me, a sinner." Amen

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Are you ready to pursue a deeper, intimate and personal relationship with "the gracious, eternal God (that) permits the spirit to green and bloom and to bring forth the most marvelous fruit, surpassing anything a tongue can express and a heart conceive." - Johannes Tauler