

Renewing the Mind – Desires of the Heart

God will grant us the desires of our heart but first we must know them

Many individuals, especially women, have spent a lot of years caring for the needs of children, aging parents, friends, and their spouse. In the process, they have lost sight of what they truly desire.

In fact, the word desire has taken on a forbidden fruit type of energy.

I love the definition De-Sire (De=of and Sire=father). Like any loving father, I believe our heavenly father is thrilled by us enjoying our heart's desire. (assuming it doesn't violate the law of love or harm others of course). Scripture confirms this.

What the Bible says about desire:

> *"Trust in the LORD, and do good; dwell in the land, and feed on His faithfulness.* ***Delight yourself also in the LORD, And He shall give you the desires of your heart.*** *Commit your way to the LORD, Trust also in Him, And He shall bring it to pass." ~Psalms 37:3-5 NKJV*
>
> *May He* ***grant you your heart's desire***
> *And fulfill all your plans. ~Psalms 20:4*
>
> *… the* ***desire of the [uncompromisingly] righteous shall be granted.*** *~Prov. 10:24*
>
> *"Hope deferred makes the heart sick, but when* ***desire*** *is* ***fulfilled****, it is a* ***tree of life****." ~Prov. 13:12*

Often a lack of self-esteem or love convinces us that we would be selfish to focus on our desires or that God would never do that for us. Sarah displayed this when God told her she would have a son, the desire of her heart she laughed! James makes it clear when we ask for something it must be in faith and not with doubt or double mindedness.

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Begin by having your client do the Tournament of Desires Worksheet. This will help them see what they truly desire in each of the 7 life accounts. The top 3 in each life account can be transferred to their journal. Using the Journal template they will then put the corresponding action on the opposite page. (See journal template)

What is Coaching Success?

- Client understands the importance of knowing desires of the heart.
- Client reflects and meditates on scriptures around God giving desires of heart.
- Coach works with client to complete the tournament of desires.
- Client transfers winning desires to journal.
- Client journals actions for each desire and is clear on next action.
- Coach creates accountability for actions.
- Client has placed images on vision board to match desires.

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