

HOPeBOX

SUPERNATURAL TRANSFORMATION



OF THE HEART



There is a place for you

HOW TO DEAL WITH OUR FEELINGS?

*Guard your heart above all else,
for it determines the course of your life. (Proverbs 4:23 NLT)*

INTRODUCTION: *If you learn to deal with your emotions, you will have a huge advantage over the rest of the people, most people don't know how to do it. There are sick people for not knowing how to handle their emotions. What comes out of you when you're under pressure? What comes out of you when the sadness, anger etc., overwhelms you for some difficult situation? When life shakes us, what comes out of us? All of the people have different emotions, some look sad, others are happy, but many use a mask and the true feelings come out when they're under pressure of life. Because of that, it's important to maintain a healthy heart because this determines the course of our life.*

1. WHAT SHOULD YOU KNOW ABOUT EMOTIONS?

- **Understand that God has emotions.** God also has emotions: anger, sadness, etc.
- **Our ability to feel is a gift from God.** (Gen. 1:26)
- **Our emotions are a little bit reliable.** (Prov. 14:12)
- Emotions are produced by the brain, but the heart is used to illustrate it.
- There are healthy hearts and sick hearts. How is your heart?

2. TWO EXTREMES YOU MUST AVOID:

- **Emotionalism.** "Everything that matters is what I feel." They act upon according to what they feel, no matter if they're correct or not, or if it pleases God or not.

- **Stoicism.** "Feelings aren't important", what matters is the intellect and the will.

Don't go to extremes. If you make the intellect your God or the emotions, then God can't be your God.

3. WHY SHOULD YOU LEARN TO MANAGE YOUR EMOTIONS? (1 Peter 4:2)

- **To not be manipulated.** (Prov. 25:28) If you just get carried away by your feelings you can be manipulated by other people, friends, alcohol, drugs, sex, etc. The favorite tool that the devil uses to hit you are the negative emotions, using the fear, resentment, jealousy, envy, bitterness, worry, and shame. (1 Peter 5:8)
- **To please God.** (Rom. 6:8)
- **To succeed in life.** Did you know something that can determine the success or failure in life is emotional maturity? Someone who is very sensitive, easily gets angry, gets discouraged, or they resent, will not succeed spiritually, family, ministerial, etc. in nowhere. In a job before hiring someone, they're not only focusing on the intellect but in the emotional intelligence because if they are very emotionalists, they know that by any problem they will miss work. (Prov. 5:23) How many people do you know that they have ruined their lives for lack of control?

4. HOW TO MANAGE A FEELING NOT DESIRED?

- **Give it a name.** Identify what you are feeling, sometimes it's not easy to identify, you just feel that you have lost peace. (*Psalm 55:2*)
Ask yourself: What do I really feel?

- **Discern and challenge.** Don't accept emotions just like that.
Think: Do they come from God or do they come from the devil?
Is it true what am I feeling? Is it helping or hurting me?

- **Control it and change.** Control and change the negative emotion. There are emotions so destructive and harmful that need to change.
What would Jesus do? Would Jesus yell at my wife/husband?
Channel what you are feeling. Is my anger or sadness going to get what I want?
Getting angry is not a sin, the sin is what you do with the anger. If you have the ability to get angry, it's because God also gets angry over so much evil. Don't let the negative emotions make you bitter and harm your heart.

5. WHAT SHOULD YOU DO WITH THE NEGATIVE EMOTIONS THAT YOU CAN'T CHANGE?

- **Every day ask God to fill you up with His Holy Spirit.** (*Gal. 5:22-23*)
- **Ask God to control your tongue.** (*Prov. 10:19*) To not speak

negative and not hurt others with your words.

- **Every day make the Word of God your word.** (*Psalm 119:11*)

CONCLUSION: *Ask the Holy Spirit to produce its fruit in you so that when you're under pressure, that's what comes out. Don't let negative emotions make you bitter. It's necessary that over everything, guard your heart, (soul) to succeed in your life.*

SALVATION PRAYER: *Lord Jesus, I recognize that I have sinned and that you died for me. Today I repent and ask for forgiveness. I give you my life and my heart so you can be my Lord and personal Savior, amen.*

INTERACTIVE QUESTIONS:

- What comes out of you when you're under pressure?
- Are you letting your emotions control your life?
- Are your emotions predicting success or failure in your future?

PRACTICAL APPLICATION:

- Ask God every day to produce His fruits in your life
- Every time you feel uncontrolled with your emotions, talk to your leader or mentor so they could pray for you and at the same time, open your heart and you will feel peace.

HOW TO OVERCOME DISAPPOINTMENTS?

*Hope deferred makes the heart sick,
but a longing fulfilled is a tree of life. (Proverbs 13:12 NIV)*

INTRODUCTION:

Disappointment brings about different emotions and feelings of hopelessness. Hope that is not fulfilled converts into torment for the person and heart, this can bring on emotional and physical illnesses. Disappointments sicken the heart. Immature Christians don't know how to handle disappointments, though we're all going to experience disappointments in life.

1. WHAT IS DISAPPOINTMENT? It's loss of hope, desire and of illusions. It's disillusion and deception. It's feelings one has when expectations for something or someone are not met. A feeling of sadness when someone has violated the trust you gave them, etc.

2. PURPOSE OF DESILUSIONS:

(Ephesians 6:16 NIV) Fire causes chaos. The devil wants to burn down our lives by sending arrows of fire. One of those arrows is disappointments. People are going to fail you, stumbling blocks are unavoidable. The enemy wants you to be emotionally unstable. *Why does the devil send those arrows?*

- ***He wants to wear down our strength and steal our faith.*** He wants to steal the supernatural so that we stay in the natural. Ex: In the natural, you say: "This marriage is not going to work anymore", "I'm not going to be able to overcome this

addiction", "I can't graduate from college," etc. Disappointment steals your faith. But when faith is there, you say, "I can do all things through Christ who strengthens me."

- ***So that we do not fulfill God's purpose for our lives.*** His strategy is to distract, weary and make you irrelevant in this world. He wants you to become conformed. The devil knows that we are a threat to him and that's why he wants us to live in disappointment. We need to step in front of disappointment say: "I'm not going to let you steal my purpose."

3. CONSEQUENCES OF DISAPPOINTMENT:

- Disappointments cause discouragement.
- You no longer want to fight for your marriage. You don't have the energy to study, etc.
- ***They open doors*** to the spirit of death, bitterness, depression, chronic sadness, suicide, etc.
- ***It kills our faith and steals our expectations.*** You will have no vision or dreams. You had come with so much illusion, with so many dreams and then you get disillusioned and you lose all of that: "To serve the church, no. Win souls, no." One has no strength to serve, or to pray.
- ***Fall ill in mind and heart.*** The mind gets closed off and panic comes

into their lives, they forget Jeremiah 29:11. They give place to depression, which then brings deep sadness, sorrow, lack of strength to go on. They feel like the world closes in on them and their mind. They see everything negatively, they lose the vision, the devil steals their dreams. Because one person failed them, they think others will also fail them. They auto-condition themselves to die. They start entering a mode of destruction.

4. HOW TO OVERCOME DISAPPOINTMENT?

- **Discover the root of your disappointment.** (John 8:32 NIV). Why do you feel disappointed? What unrealistic expectations have you placed on people? Did you lose an important friend? Did your spouse disappoint you? Did you lose a job or a scholarship? Did the church disappoint you? You must face the truth.
- **Repent of the unreal expectations you had.** You can't put false expectations on anyone, because no one will fill your needs. Only God can fill the empty spaces in your heart. Your spouse is not God. Your identity must be based on God, (Psalm 23:1) otherwise, you'll live frustrated all your life. You'll have fires in your house all the time. The church isn't perfect, the people at church aren't perfect. Sometimes people think the church is Welfare and when they don't receive the help they want, they get disappointed.

- **We must break free and close the doors to unclean spirits.** (James 4:7).
- **Affirm yourself in the goodness of God.** (Psalm 27:9-13) Your foundation should be in the true love of God and in His goodness. How could we blame God for things that happen to us? We can't blame God for those that have done us wrong. Even though there are people who have disappointed you, God has never left you, nor failed you. He's never done anything wrong to you. He always has good plans for you.

CONCLUSION: *Every circumstance and problem has an expiration date, but if you let disappointment nest in your heart, it will rob you of your dreams and God's purpose. You must resist the devil. Jesus came to give you, life in abundance and to tell you not to fear, rather trust in Him, for He has already overcome the world.*

SAVING PRAYER: *Lord Jesus I recognize that I have sinned and that you died for me. Today I repent and ask for forgiveness. I give you my life and my heart so that you may be my Lord and personal Savior, amen.*

INTERACTIVE QUESTIONS:

How have disappointments affected you? Have you put unrealistic expectations on anyone? Have you let the devil steal your purpose?

PRACTICE APPLICATION:

- Pray and follow the steps to overcome disappointments.

HOW TO OVERCOME THE BETRAYALS?

*Now His betrayer had given them a sign, saying, "Whomever I kiss, He is the One; seize Him."
(Matthew 26:48 NKJV)*

INTRODUCTION: *Just as it happened with Judas the traitor, in betrayals there are kisses, hugs and greetings. People who are closest to a person are the ones who sometimes betray. The deepest wounds of the heart and most difficult to heal are betrayals, so the enemy wants to use betrayals to destroy us.*

1. WHAT IS BETRAYAL? (Matthew 26:21,23)

- Acting covertly, rebellion, wickedness, transgression and infidelity. To deliver someone into the hands of another, especially in the hands of their enemies.
- Betrayal is the most painful for the heart to experience, as it leaves deep wounds. Betrayal is almost always done by people closest to us. This happened to our Lord Jesus. Judas was someone who ate with Him, even from the same plate. It may happen with someone you've opened the doors of your house to, your discipleship, etc. Child abuse almost always occurs by people who are close and who've been given the trust to enter the home. Stepfathers, uncles, etc. Adulteries occur with people you've given access to; best friend, etc. In ministry, with people you've empowered, and they failed.
- Judas walked with Jesus, but Judas didn't feel part of Jesus' discipleship. There are people in the church, but don't feel part of it. Not everyone touched by Jesus is transformed by Jesus.
- The wounds that hurt most are those from the ones that have kissed you, from the one who promised to be faithful at the altar, in business, someone who gave you their word and failed to keep it, those that are closest to you in your discipleship, etc.
- Remember that we are in a spiritual warfare, we can't see it, but it is real.

(Ephesians 6:12) We must be aware of it. We must be careful to not be betrayed, but also to not betray another. May God give us discernment in this spiritual fight.

2. THE PURPOSE OF BETRAYALS:

- **To destroy both the betrayed and the betrayer.** Who gets hurt in an infidelity? Both parties do. In church, who is harmed, the leader or the disciple? The end purpose is to destroy both sides. Betrayal sow's iniquity in the heart and causes loss of communion with God. One can be destroyed by a bitter heart, making the person lose their purpose and calling. It fills the heart with bitterness so that one wants to abandon everything.
- **To stop and prevent us from fulfilling God's call and purpose in our lives.** The devil wants to stop you and is going to use anything to do it, because he doesn't want you to advance. If you entertain the feelings of betrayal, then you will feel discouraged and you won't advance in your purpose. The enemy achieved this with Judas. If we entertain those thoughts, we will feel disappointed and be tempted to leave our calling and family, business or ministerial dreams.
- **To destroy those around you.** What is the condition of a family after a suicide? The devil not only wants to destroy the betrayed and the betrayer, but also the whole family. Everyone is affected in an infidelity: children, in-laws. Families are hurt and friendships are lost. If it's in the church, he wants to destroy the church and it makes it worse if it was a leader who betrayed. The devil knows that you carry something from God and wants to destroy your family, calling, health and your finances with a betrayal.

- **To mature our character.** Jesus was betrayed and something good came out of it. You have the choice to be bitter, mature or improve.

3. WHAT HAPPENS TO BETRAYERS? (2 Samuel 18:9)

Absalom betrayed his father and got left hanging between heaven and earth.

- It's easier for an animal to receive the blessing than the betrayer. (The mule kept going, but he got left hanging)
- He could not receive heavens blessings, (they don't fulfill their purpose) or enjoy God's blessings on earth. They don't prosper. The same happened to Judas when he hung himself.
- Betrayal produces something momentary. Judas received money. The unfaithful receives momentary pleasure, but they end up in misery and in death, like Judas. Sooner than later the truth comes out and destroys them. Judas had that money for a very short time.
- Another example is Korah. (Num. 16:32) They were swallowed up by the earth. Betrayers don't have a good ending, unless they repent, then they will obtain God's mercy. Peter betrayed Jesus, but he repented, unlike Judas who did not repent and only had remorse and remorse kills. (Matthew 27:5)

4. HOW TO OVERCOME BETRAYALS?

- **Maintain focus on your life mission.** Don't waste your energy on the ones who betrayed you. Use your energy on your purpose.
- **Let them go.** Don't try to convince someone who doesn't want to grow or change, don't obligate them. If someone isn't interested in what you're interested in, let them go. Don't try to convince someone who doesn't want to mature or grow up, let them go.
- **Practice forgiveness as a lifestyle.** You can't remain hurt or with the pain in your heart. If you don't forgive, you'll

become stagnant. The devil wants to stop you, if you don't forgive you separate yourself from God and the enemy wins. You must let go of the load, let it go. Only by forgiving those who betray us, as Jesus did, can we disarm the enemy's plans.

CONCLUSION: *Maybe you feel horrible because of a betrayal, because someone close to you hurt you. But cast your burden upon the Lord. Keep living right. Forgive those who have betrayed you. Don't fall on their same path, so they won't betray you again, but forgive him. Even though someone has failed you, God has never betrayed you. He loves us and He's good. Do not lose the vision of God, don't stop serving Him. Place your burden on the Lord, He is the one who will give you the strength to continue.*

SAVING PRAYER: *Lord Jesus I recognize that I have sinned and that you died for me. Today I repent and ask for forgiveness. I give you my life and my heart so that you may be my Lord and personal Savior, amen.*

INTERACTIVE QUESTIONS:

- What have you been tempted to abandon or that you have abandoned because of betrayal?
- Have you been betrayed by someone close? Have you forgiven?
- What did you learn after the betrayal?

PRACTICE APPLICATION:

- If perhaps there are people hurt by betrayal, pray to God that He will heal them and fill them again with His love.
- Confess forgiveness aloud towards the person who betrayed you so that you can be free.

THE SUPERNATURAL TRANSFORMATION OF THE HEART

But the Lord said to Samuel, "Do not consider his appearance or his height, for I have rejected him. The Lord does not look at the things people look at. People look at the outward appearance, but the Lord looks at the heart." (1 Samuel 16:7 NIV)

ILLUSTRATION: *God looks at the heart. In the natural, the heart pumps blood to the rest of the body, but spiritually, the heart is one's true self, my identity, it facilitates intimacy with God. I cannot relate to Him without the heart, there can be no intimacy. There is no success without the heart, because the condition of your heart is the condition of your life.*

INTRODUCTION: *Your heart must be continually transformed. You can't have an intimate relationship with God with a wounded heart. Jesus came to bring salvation, to save those who were lost, and then he came to heal the brokenhearted so that he could connect them with the Father. There are many people and even Christians who at different stages of their lives were wounded in their hearts. They come to church, serve God, but they are sad, discouraged, bitter, they hide their pain and wounds of the past, because we are experts in the church in controlling pain. When wounds are not healed, they cause bitterness. They come to church with a mask on but they're bleeding from their heart. Time doesn't heal wounds, only Jesus and the Holy Spirit can heal them. Every wound that does not heal will prevent you from loving Your Heavenly Father.*

1. WE HAVE ALL SUFFERED, BUT ARE YOU HEALED? IF YOU DON'T HEAL, THIS WILL HAPPEN:

- A root of bitterness.
- Judgement of bitterness. (You will always become what you judge)
- Secret oaths. "I will never trust another man or leader"
- Bitterness becomes a stronghold that will affect your behavior.

- Suicidal thoughts.
- Agree with demonic spirits.
- It contaminates your heart and you start watering bitterness, speaking words of contamination; "There is no love in the church"
- You conform and become stagnant.
- You go back to your old lifestyle.
- You enter a state of spiritual dryness.
- You become religious.
- You become irrelevant.
- You become a slave to the enemy.
- You will never know God's will for your life.
- You'll repeat cycles. Ex: Every 4 months enter depression.
- The world will become your owner.
- You can't sustain blessings.
- You won't arrive at your destination.
- You'll die spiritually.
- Your health is affected.

2. WHAT IS TRANSFORMATION? (Rom. 12:1-2)

- **Transformation:** Composed of the word "Metamorphosis", Meta: Change. Morfo: Another Shape. **Metamorphosis:** Converting into another form, in the image and likeness of Jesus Christ. **Transformation:** Transit and movement. Without movement, there is no change nor transformation.
- When you stop changing, you become religious. Religious people don't see the need for change, they conform. They don't go far and always live with the same 'old wine' mentality. God is

a God of the new, always in motion, always in transition.

- The purpose of transformation is the change of heart. If your heart changes, your life changes. The origin of transformation is the heart.
- Transformation is the process of maturity that leads us to be more like Christ.

3. WHY BE TRANSFORMED?

- Because Christ wants his bride, his wife: clean, without spot, without wrinkle, He wants a transformed and changed church.
- If you are changed, you are at the center of God's will.
- When you see someone with a healthy heart, that person is an expression of God here on earth, impacting their city. Man's heart is the place of rest of God's presence. For His presence and glory to tangibly manifest, it needs an expression and a habitation. God wants you to be a carrier of His presence and of His glory, so wherever you go, lives may be changed. In the old testament they carried the Presence in an ark, now we carry it in our hearts.

4. WHAT ARE THE MEANS OF TRANSFORMATION?

- Start with the continual renewal of your mind.
- The finished work on the cross. Go to the cross, there He nailed every wound, every harsh word on your life. He suffered your pain and was mistreated for you. (*Isaiah 53:4-5*)
- Dying to SELF continually changes the heart.

- Change your spiritual diet. Stop searching the internet for messages etc., seek the solid food of God's Word.
- You need a breakthrough of your environment.
- The Ministry of Internal Healing and Liberation. If the heart is healed, in that moment the spirits leave, they have no legal right to be there.
- The Presence of God.
- A Supernatural Encounter of His Presence. (*2 Corinthians 3:18.*)

CONCLUSION: *For the transformation to occur and for change to take place in the heart, you must take responsibility. Go to the cross and take responsibility. If you don't do it, you're going to be blaming others. Take those wounds to the cross and be healed by Jesus' sacrifice. If you don't do it, God will allow the pain in your life, because He is giving you the opportunity to change. If you don't want to do it, then there will be consequences.*

SAVING PRAYER: *Lord Jesus I recognize that I have sinned and that you died for me. Today I repent and ask for forgiveness. I give you my life and my heart so that you may be my Lord and personal Savior, amen.*

INTERACTIVE QUESTIONS:

Is your heart healthy or sick?

Are you an expression of God's love or of bitterness? Have you felt stagnant in your life?

PRACTICE APPLICATION:

Do a self-analysis to see if there are characteristics of an untransformed person, if so, start taking action through the means of transformation that we learned.



There is a place for you