

# Heart to Heart

*Bringing our hearts to Him,  
Receiving His Heart for us!*

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Escape from Hell](#)**

*This is the story that should never have happened. Now it is a story that has to be told!*

## Upcoming Seminars

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November 18-20

**[Freedom Week](#)**

December 5-9

## Video Shorts

**[Stress Effects](#)**

*What emotional stress does to your body.*

**[Holes in the Heart](#)**

*A life lesson learned on a Honduran road.*

**[A Warrior's Heart](#)**

*Joyce fought Lupus and and abuse and won.*

## Resources

**Dear Steve,**

*I nearly came out of my seat when the conference speaker said, "**Remember, the most important thing you can do between now and when you stand before Jesus is master your state.**"*

*I immediately thought, "Lord, that is EXACTLY what we are seeking to help everyone to do!! You have positioned us well!!"*

*The speaker was [Dr. Lance Wallnau](#) (one of my all time favorite teachers--so funny and sooo insightful) and the event was a Kingdom Business Association conference hosted by MorningStar in Charlotte. We were there as Christians leading businesses and ministries who know that we are heading into perilous times and are looking for ways to cooperate with the Lord in making those times serve His higher purposes.*



Lance Wallnau - Master Your Own State.mp4

## Mastering Your Own State

*Easier said than done...when done its fun...*

First of all, why would Lance have made that statement? **Why is mastering our own state the most important thing** that we need to be doing between now and when Jesus returns?



### **Matters of the Heart**

170 page Workbook  
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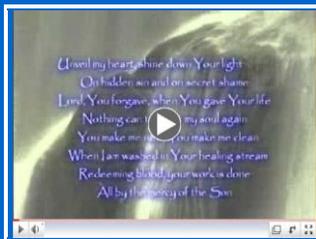
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### **Featured Video**



Mercy of the Son with stream

And what does he mean by "our own state?"

**Our "state" is that inner emotional/spiritual sense** inside all of us which rises and falls as we go through our day. I have heard Lance teach that **there are only two possible states: empowered and unempowered.** Your state and mine can change rapidly. We are usually being either uplifted or dispirited as the day progresses. We can be up one moment, get a troubling phone call and be down the rest of the day. On the other hand we can be absolutely pinned down by terrible fears or depressing thoughts, stumble into a moment graced by God and be gloriously set free!

Naturally, when we are down, we don't feel very empowered for doing the things we need to be doing, especially facing the stiffer challenges in our life. But when we are up we feel much more empowered--ready for anything. Don't just think in terms of being happy or sad. **This goes much deeper into the wellsprings of our true inner life.** I prefer to think of our inner state in terms of our peace, joy and confidence in God levels. These are our points of [access and entry into the Kingdom of God](#) as Paul taught in Romans 14:17.

Now, the truly remarkable thing is that although outward events (such as I described) can dramatically shift our inner state, we are actually the ones in charge of how we feel on the inside. We can access any inner state we want to! we do not have to be the playthings (emotionally speaking) of whoever out there wants to sink our inner state, we can actually learn how to align with heaven, get quick recoveries (when stuff happens) and stay "powered up."

### **Read this scripture and rejoice with me:**

**Keep your heart with all diligence, for out of it spring the issues of life.** Proverbs 4:23 NKJV

According to the Lord, **who has God placed in charge of your heart?** Who is the one who can determine every moment of the day whether your inner state is "springing up" into life or sinking into death? Is this God's job? No, it is yours. You and I are called by the Lord to guard or keep our hearts. **We are the ones in charge of our own inner state.**

Notice that He says "with diligence." That always means it's going to take active, intentional effort on our part to reap the blessing.

**But what a blessing!** To be able to not only manage our inner state, but actually master it. I tell you, once I learned this principle, I have been charging up to heaven daily seeking to exchange any emotion I don't want for something the Lord actually desires me to be feeling. The result always means more peace, more joy, more confidence--a fully empowered state. I'm not expert at it, but progress is real. And it is great fun passing it on to others.

**Now, why is this so important?** Naturally, if we are going to *enjoy* the time between now and when Jesus returns, we will have to learn how to master our state. But consider this: **nothing impacts your sphere of influence more than your inner state.** You are a "king" over a kingdom realm of authority that begins with your heart, flows out into your body (yes, [your inner state is definitely a health issue!](#)) and impacts and influences everyone and everything in your life associated

with your purpose for being here. So, home, family, business, ministry--whatever you have been given to pursue in terms of your assignment of advancing the Kingdom--all depend upon the degree to which you master your inner state.

Not add this reality of the connection between state and sphere and multiply it by the reality that we are living at a time when everything is being shaken! ***If we don't manage our state well, we will be shaken along with everything else***--at the very time when we most need to be established in the Kingdom that cannot be shaken (see Hebrews 12:27-28). That's what all of us at the KBA conference were there to prepare for--the economic shaking that is coming our way once there is no one left to bail out the economies of the world. We are perilously close to that precipice. Europe's best hope of a bail out is the US, but we're broke. When that reality hits, we are all going to need to stay steady in the Lord. See why Lance, said mastering our own state is so vitally important?

This perspective has helped me to see that we have at least four dimensions to what we are teaching:

- 1) **Managing versus mastering** your emotional state (worst case: being mastered by it).
- 2) **Mastering Restoration**--recovering from all past emotional deficits and damage.
- 3) **Mastering Activation**--staying in an optimal state for advancing your purpose.
- 4) **Mastering your Sphere** of influence and authority once your inner state is mastered.

***Come join us for one of our seminars  
--and gain increased mastery!***

## The Score Card

*Don't wait 'til the Final Day to read the report..*

**Consider life from a teacher's perspective:**

**1) Why do teachers give tests?** So they can see how well the students are doing. The student's grade gives them a "grade" on how well they are doing as teachers and where they need to focus more effort.

**2) Why do teachers grade those same tests and return them to their students?** So the students can see how well they are doing and see where they need to bring their work up.

**3) Now, why does the Lord give tests?** Since He already knows ALL that can possibly be known, the only answer can be #2--He wants to give us feedback on how well we are doing in our walk with Him

I have made what is for me an important discovery: I have discovered ***the "report card" on the First and Greatest Command*** that I am being required to fulfill during my time on earth. Why I didn't realize this sooner is anybody's guess. You know the command (it is your TOP assignment also): love the Lord with all your heart, soul, mind and strength--all the time and in every situation. How do you get a handle on that? Very easy as it turns out: your peace levels!

**How is it that our peace level gives us the score card on the Number One Thing that we are to be doing each day?**

Simple: I only get peace as a feedback from the Holy Spirit if I am:

**a) trusting God** at the level that He sees is appropriate for me and

**b) obeying the Lord** (being led by HIS Spirit) in what He is actually wanting me to be doing.

If I am doing otherwise, the Holy Spirit "throws the flag" on the play by removing the Peace of Christ. I can have deep peace, some peace, little peace or stress. **Emotional stress is not a passing grade!**

**Think about it: Why would God want to leave us with no indication of how we are doing with our most important daily assignment?** That would hardly be fair to us (to keep us in total suspense until the Final Day) or wise of Him (because all servants/employees need good feedback in order to serve in a pleasing and effective way).

**In fact this command is so important that the feedback comes to us every moment of the day.**

## From We to Thee

*We are at it again!*

**The Book. Rescued from Hell** just needs a publisher now. But that is no small hurdle! Fortunately for this project and my sanity, the Lord is a Master at getting past obstacles. I will be pursuing every lead He gives me over the winter.

In the meantime, I have finished yet another book: **The Missing Peace**. It is a rewrite of the main healing lessons, but as a normal book, not a workbook. Some people just want the flow of ideas and don't really enjoy a workbook format (that would be me most of the time--but in this case I LOVE our workbook).

**Email me if you are interested in either of these two books.** I can self publish them "on demand" as 8 1/2 by 11 booklets and bind them with the plastic comb binding rings for \$10.00 each if you are interested. It may be a while before a regular publisher can be found.

Thank you for your prayers for the project and God bless,

*Steve and Eunice*



## Truths with Traction!

A lifetime of learning has gone into the workbook that forms the basis of what we teach. Steve likes to say that these truths have been field tested! They are "**truths with traction**," guaranteed to get your emotional life unstuck from those pesky stronghold areas that the enemy loves to bring our walk to a halt with.

All it takes is a small investment your time and treasure to have so many secrets of the heart opened to your understanding. In our seminars it is a constant thrill to see "**the lights go on**" for the students. Now you can have the seminar experience in the comfort of your own home! How can you resist?

**Our Price:** \$17.50

**Available as a download:** \$5.00

**Healings Streams** is a Christian ministry dedicated to helping people find peace and freedom from troubling issues of the emotional life. Such deep roots often become the source for a host of stress related diseases, psychological disorders and addictions. Even so, our goal for people is not just escape from emotional stress and its consequences, but full entry into true Kingdom living--plunging into the river of Peace that flows all around us from the throne of Grace.

***Let's all jump in!***

Sincerely,

*Steve and Eunice Evans*

**Healing Streams Ministry**

A branch of Forerunner Ministries, Inc.