

**What Are You Going To Do
With Your Free Heart?**



Mark Gyde and Jane Trentham – November 2016

What Are You Going To Do With Your Free Heart?

As you go home from INS you will be leaving a community of like-minded people, a family, some close friends and of course a beautiful peaceful place. Your hearts have received a treasure which you value but one others may not understand let alone appreciate. You will be re-entering noise and busyness where, on the surface, everything will be the same as you left it but things will appear different as you are looking through a new set of eyes. You have tasted freedom, the challenge is to find a way of living in it. How can you discover the daily simplicity of being fathered?

Guard Your Treasure

You will need to find ways of guarding the treasure which is growing in your heart. It is just like a young plant, it needs protection and nurture to enable it to grow.

It is important to keep coming back to the truth. Maybe a one liner from a talk or a sentence from your journal, or something from a soaking CD. Take time to re-listen to the teachings, not just your favourite ones but all of them so you can keep feeding on the big picture.



For many years you have made decisions and choices in a certain way but now you are coming at things from a new perspective. The choices you make need to be based on your new reality of being sons and daughters. It's all too easy to hang onto the past experience of INS or alternatively look forward to the future. However we need to live in the present and understand who we really are **now**. Living in the 'now' will enable you to see doors which lead to your future.

Being Misunderstood

As you go home you will discover that people may misunderstand your experience or the change that has taken place in your heart. They will appear to speak a different language. It may even be close friends or family who do not perceive the change in your heart. That misunderstanding is a grief and it hurts. Misunderstanding may cause you to hide or put away your new found treasure. Words (such as 'church' or 'worship') will now have a different meaning to you but to those around you they will still have the 'old' meaning. Just as you may react to the words of others they too will react to your words. Develop a careful use of language and communication as loving others is the most important thing.

Having belonged to an intense community at INS there is a longing in your heart to re-belong to your church or family community, yet miscommunication or misunderstanding can hinder the integration back into life at home.

You will miss your friends and that too is a grief. Ongoing connection, sharing stories, maintaining the sense of community are all important but you need to realise that whilst some of your INS friendships have been good they were only for that season. Some may develop, others may not. That is perfectly alright and natural and nothing to be feared.

Knowing which are the lasting friendships is important as, when the others fade, it will not seem like a bereavement.

It is also important to remember that, just as you have changed, those at home will have changed as well. Honour their change and you will find they honour your change. Honour their words and their values. Honour their journey. They may be envious of you having had time to discover your heart so give them opportunity to explore your journey with you.

It is easy to see positives and negatives in other people but these are judgements. Avoid judgements. Rather try to gain wisdom and understanding of other people and where they are at on their journey. Judgements fuel the misunderstanding. Gaining understanding breaks down the barriers.



Desire For Community

Whilst you may long for church life to be the same as the community of INS it is unlikely to be so. You will not be able to recreate INS community in church or even in family. It has been a unique experience. For some of you there may be a huge sense of relief that this intensity is coming to an end. I love being at INS for two weeks but I would struggle to cope for three months. That sense of relief is not something to feel guilty about, you don't have to wonder if you have made as much of the time there as others – you are all unique and feel things differently.

Some of you may find that the 'fallen masculine' nature of church life might become a source of sadness because you've started to appreciate a restored masculine and feminine expression. Try not to let this grief overwhelm you, receive comfort from Father (Isaiah 61:2-3). He will lead you gently with his wisdom and courage.

Comfort

We think we only need to receive comfort to deal with our past wounds and pain. Of course that is true but there is much more for us in this important area. We continually need to receive comfort as that enables us to go beyond the healing of our pain and to build a foundation for the uncertainty of life. The more comfort we receive the more favour we will be led into. This foundation of comfort in everyday life will lead you to try new things even if they subsequently don't work out. It will empower you to follow your heart where previously fear would have held you captive. Living in comfort will remove the striving and performance of you trying to claw your way into your 'destiny', rather it will lead you into your inheritance. The inheritance which is given to free sons and daughters. Living in comfort will make you so free that you'll almost feel too free.

And so, regularly return to the source of all comfort. If we do not continually live in comfort then grief will grow up around us and manifest itself as disappointment or shattered

dreams. Fear will paralyse us and prevent us from pursuing the full and abundant life which is promised to us.

Without comfort you will carry the grief and it overwhelm you; therefore, return daily to the source of comfort. Receive comfort not only for your pain but also to build a foundation of life within your heart.

Living in comfort shows us who we are. It brings us to a place of peace and rest where our true identity as sons and daughters is secure. It will give you courage to be you! It will enable you to explore the promised land which means living daily life and discovering all the opportunities to be fathered in the mundane and the routine. Living in comfort will give you the sense of belonging that your heart longs for. When we know who we are, we will be able to bring comfort and peace to others.

Moving Forward

We all need time to process what has happened in our heart and for each one of us that will be a different time span. But at some point we all need to move forward. We can't live in the past and we can't live waiting for the future fulfilment of some prophetic word. Connecting with believers is very important. Finding employment is necessary – it is Father's blessing and provision for you. Voluntary work is good if you can't find a full time job – it doesn't have to be with the church, try something that brings your heart alive. These are opportunities to be fathered on a daily basis.



Your INS friendships have been good, they are good and they will continue to be good. It is good to keep them alive but be aware of them becoming a prop. Don't allow the memory or the experience to hold you back. If you do, you will try and rely on the past rather than receiving the ongoing daily fathering of your heart by your perfect Heavenly Father. Father is the treasure to pursue with all your heart. Don't allow the process time to drag. If you feel it could, set a time limit and be accountable to someone. It doesn't have to be set in concrete but our goal is to live fathered and to let our free heart grow into more freedom. If you don't move forward you'll start to lose what you have gained because you're relying on the experience rather than the ongoing fathering of your heart.

Moving forward can seem like a struggle and we certainly don't want to fall back into a life of striving and performance where we revert to our old orphan hearted attitudes. I believe the key to moving forward and allowing our free heart to grow is to live in the moment. We can only do that with a childlike heart. A childlike heart of dependence on Father will help you value the relationships you have made but will prevent you from recreating and living in the past. It will liberate you to live in the present, it will enable you to be you! It will free you to choose life every day (Deuteronomy 30:19). It will enable you to live in the freedom you have tasted.

Live in and grow in the revelation of love. Let your free heart become freer. Let your free heart find an expression of life. Let it discover the full and abundant life Jesus promised us.

Culture Shift Versus Culture Shock

*“There is a culture shift that happens during any school. It would be a culture shock for students leaving Orama if **all** they had done was enjoy being on a beautiful remote island, living in a small community and looking out for dolphins for three months” (Jane Trentham – INS 2008)*

If you have not had a culture shift whilst at INS you will go home and experience a culture shock! As your heart has shifted these last three months go home with a free heart, allow yourself to live from that free heart as you discover ways to be fathered every day and each year will be better than the one before.

Mark Gyde – A Father to YOU

Jane Trentham – INS 2008

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