



PCF-LA MIDWEEK PRAYER MEETING  
TEACHING NOTES

*Wed. March 18, 2025*  
*Pastora Tammy Goodman*

# RENOVATION OF THE HEART

CREDIT TO DALLAS WILLARD

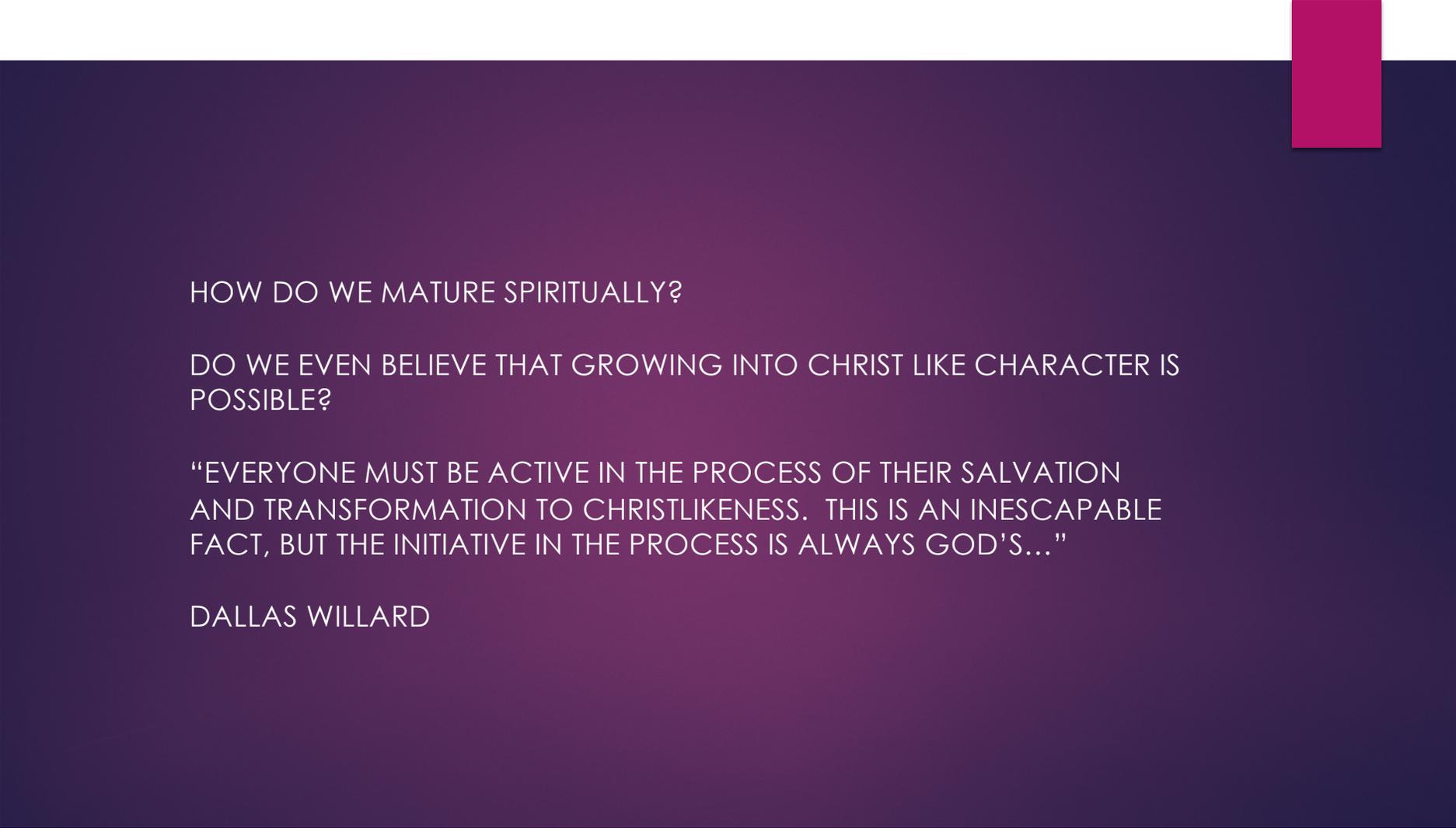


---

## SPIRITUAL CHANGE

FOR WE ALL, WITH UNVEILED FACE, BEHOLDING AS IN A MIRROR THE GLORY OF THE LORD, ARE BEING TRANSFORMED INTO THE SAME IMAGE FROM GLORY TO GLORY, JUST AS FROM THE LORD, THE SPIRIT.

2 CORINTHIANS 3:18



HOW DO WE MATURE SPIRITUALLY?

DO WE EVEN BELIEVE THAT GROWING INTO CHRIST LIKE CHARACTER IS POSSIBLE?

“EVERYONE MUST BE ACTIVE IN THE PROCESS OF THEIR SALVATION AND TRANSFORMATION TO CHRISTLIKENESS. THIS IS AN INESCAPABLE FACT, BUT THE INITIATIVE IN THE PROCESS IS ALWAYS GOD'S...”

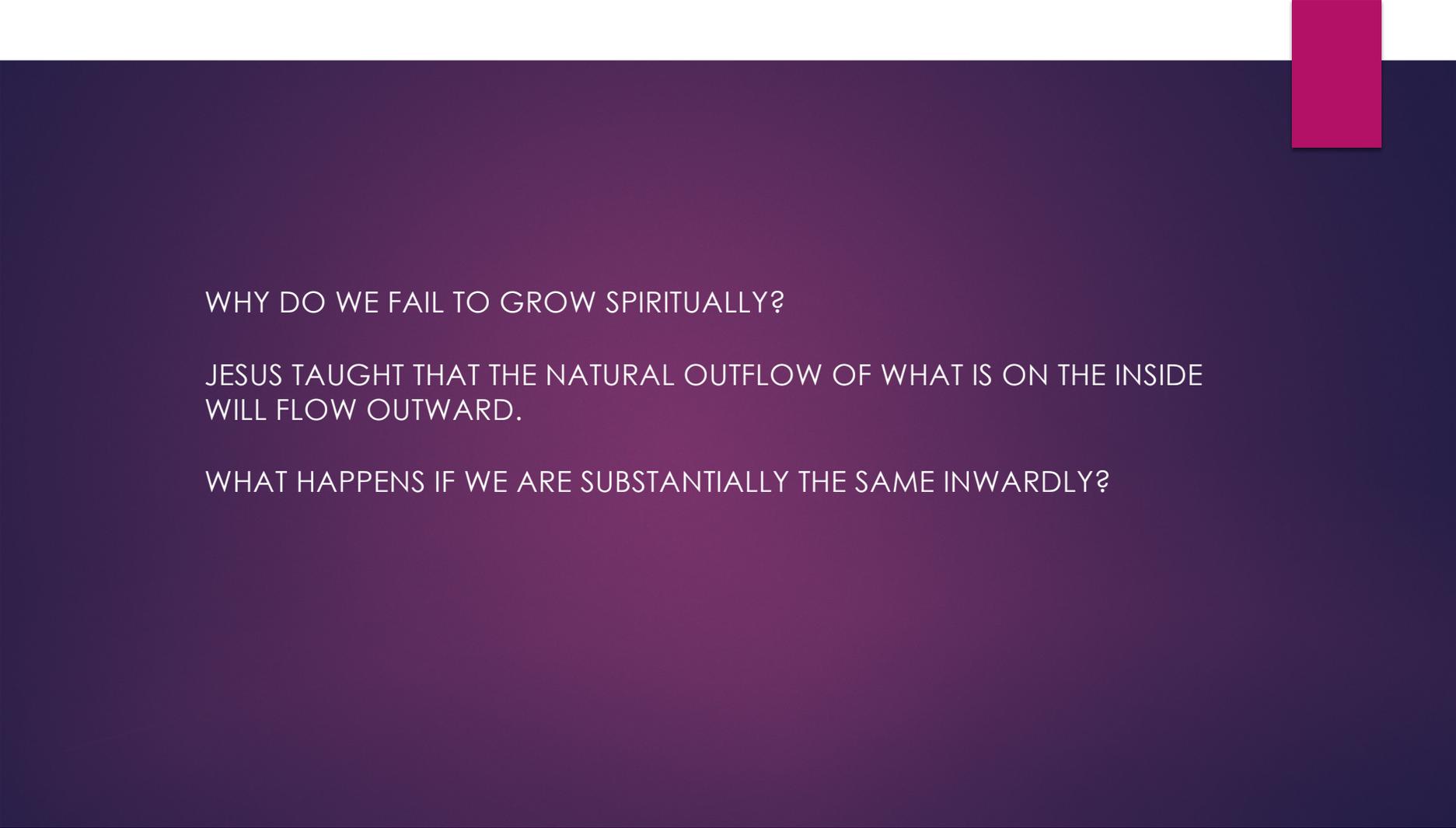
DALLAS WILLARD

---



THE PATTERN OF ANY TRANSFORMATION, INCLUDING SPIRITUAL  
TRANSFORMATION IS:

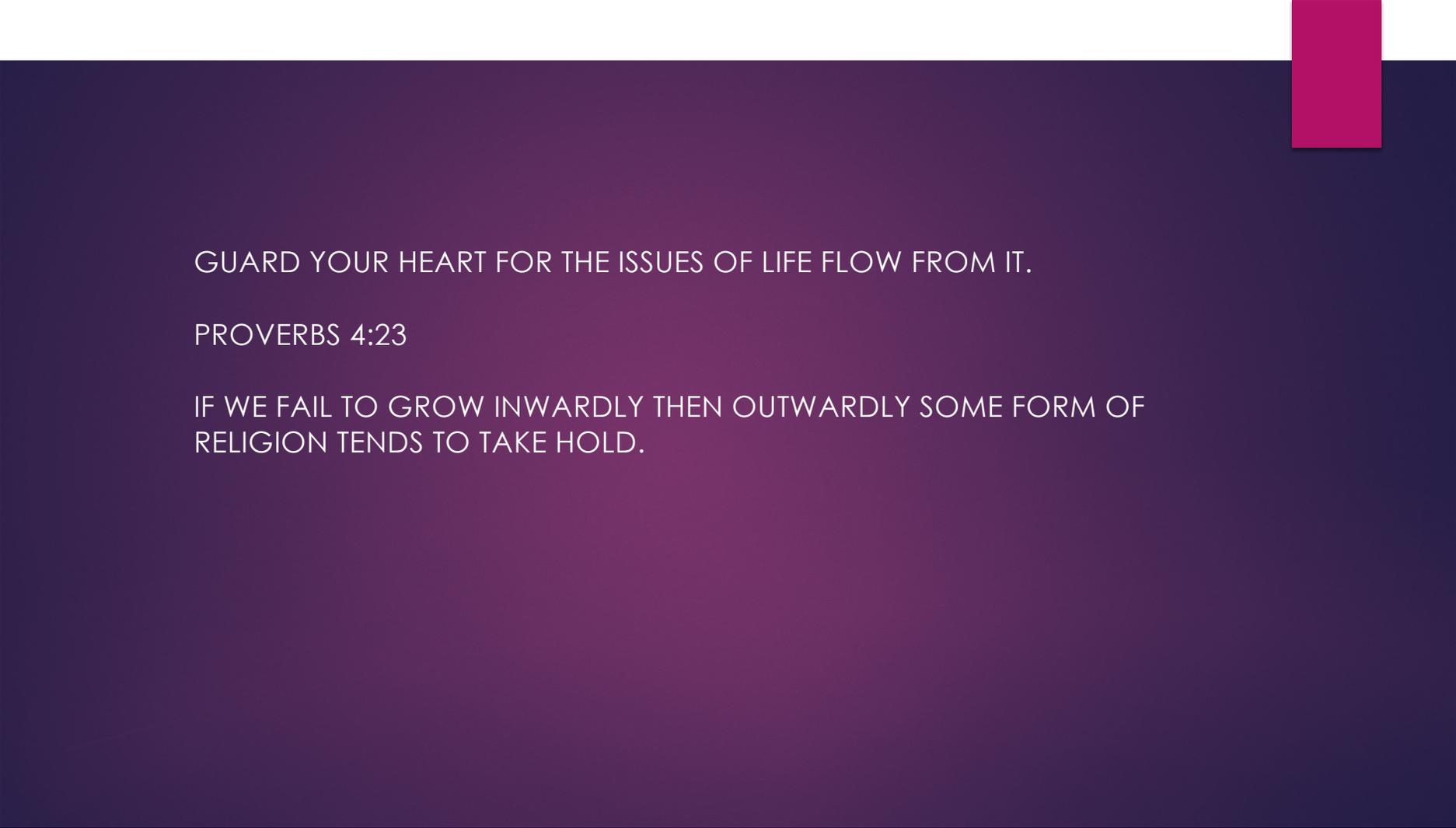
VISION  
INTENTION  
MEANS



WHY DO WE FAIL TO GROW SPIRITUALLY?

JESUS TAUGHT THAT THE NATURAL OUTFLOW OF WHAT IS ON THE INSIDE  
WILL FLOW OUTWARD.

WHAT HAPPENS IF WE ARE SUBSTANTIALLY THE SAME INWARDLY?



GUARD YOUR HEART FOR THE ISSUES OF LIFE FLOW FROM IT.

PROVERBS 4:23

IF WE FAIL TO GROW INWARDLY THEN OUTWARDLY SOME FORM OF  
RELIGION TENDS TO TAKE HOLD.



---

ASK THE LORD TO HEAL YOUR HEART. GRIEF, LOSS AND REJECTION TAKE A TOLL.

“Take me to the King  
I don't have much to bring  
My heart's torn in pieces  
It's my offering  
Lay me at the throne  
Leave me there alone  
To gaze upon Your glory  
And sing to You this song  
Please take me to the King.”

TAKE ME TO THE KING  
TAMELA MANN



## VISION

WE MUST START AT THE VISION OF THE KINGDOM.

“THE VISION THAT UNDERLIES SPIRITUAL TRANSFORMATION INTO CHRISTLIKENESS IS, THEN THE VISION OF LIFE NOW AND FOREVER IN THE RANGE OF GOD’S EFFECTIVE WILL – THAT IS, PARTAKING OF THE DIVINE NATURE.” WILLARD (SEE 2 PETER 1:4; 1 JOHN 3:1-2)

WHERE YOUR FOCUS IS, YOUR THOUGHTS START TO RUMINATE.

YOU EITHER GIVE YOUR MIND GOOD INPUTS OR BAD INPUTS.



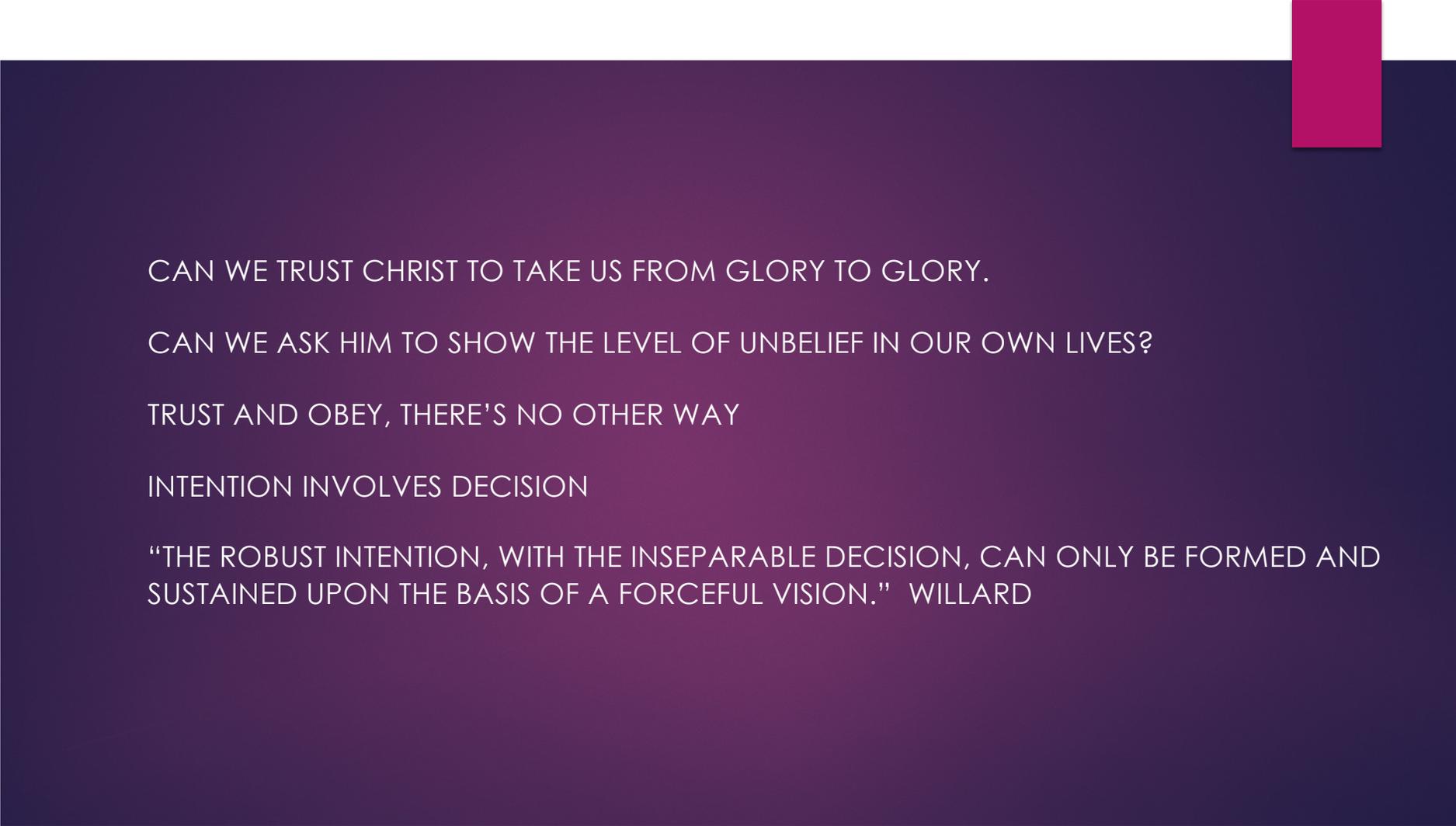
---

## INTENTION

### THE INTENTION TO BE A KINGDOM PERSON

“WE CAN LIVE IN THE KINGDOM TODAY. WE CAN ACTUALLY DECIDE TO DO IT. IT IS THROUGH CHRIST THAT THE REVELATION AND THE GIFT OF THE KINGDOM COME TO US INDIVIDUALLY.” WILLARD

OUR INTENTION IS TO OBEY THE EXAMPLE AND TEACHINGS OF JESUS.



CAN WE TRUST CHRIST TO TAKE US FROM GLORY TO GLORY.

CAN WE ASK HIM TO SHOW THE LEVEL OF UNBELIEF IN OUR OWN LIVES?

TRUST AND OBEY, THERE'S NO OTHER WAY

INTENTION INVOLVES DECISION

“THE ROBUST INTENTION, WITH THE INSEPARABLE DECISION, CAN ONLY BE FORMED AND SUSTAINED UPON THE BASIS OF A FORCEFUL VISION.” WILLARD



---

## MEANS

THE VISION AND THE INTENTION TO OBEY CHRIST WILL NATURALLY LEAD TO SEEKING OUT AND APPLYING THE MEANS TO THAT END.

TO PUT ON THE INNER CHARACTER OF JESUS: HIS VISION, HIS UNDERSTANDING, HIS FEELINGS, DECISIONS AND CHARACTER.



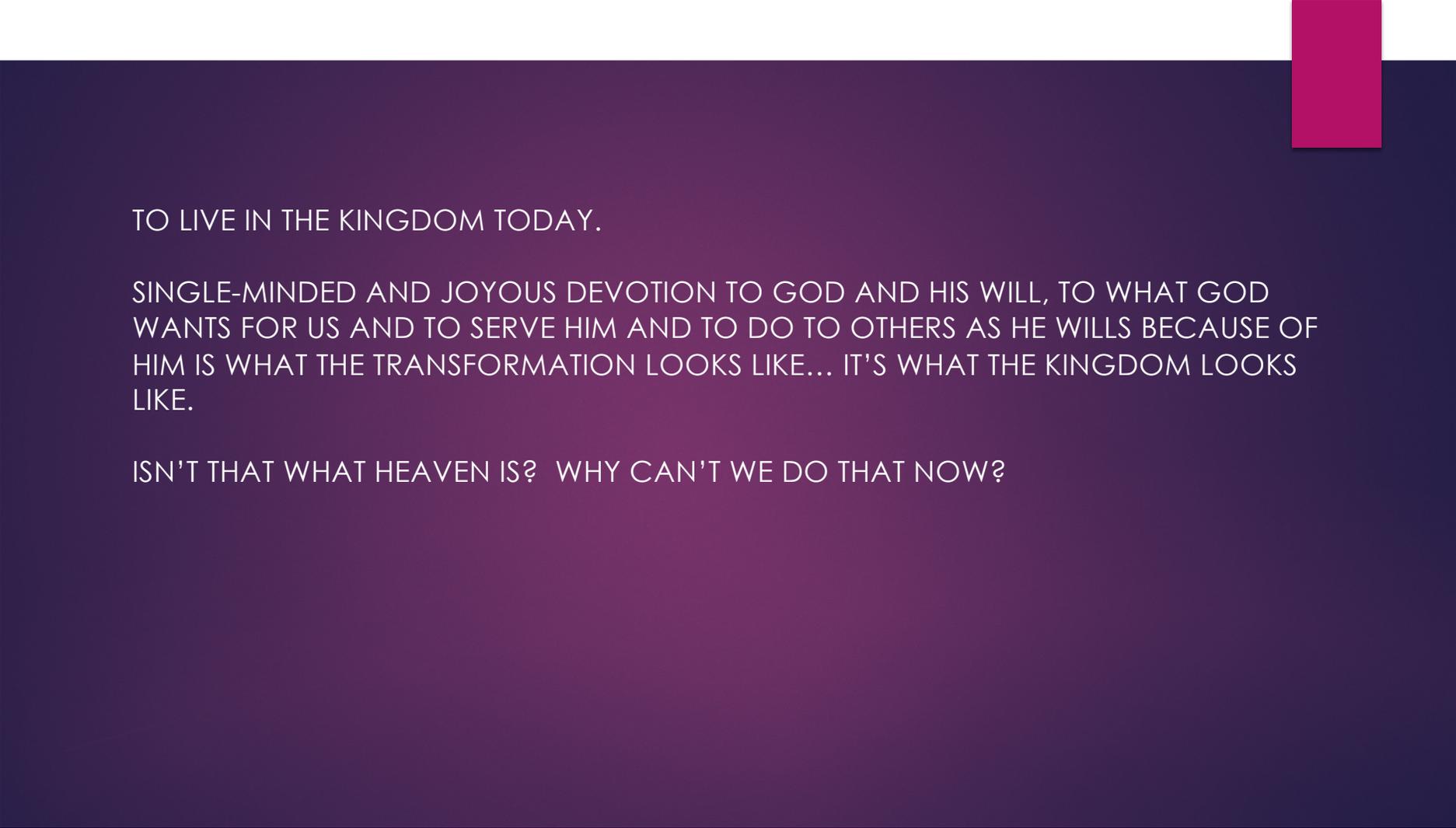
---

HOW?

EARNESTLY PRAY THAT GOD WILL WORK IN MY INNER BEING TO CHANGE THE THINGS THAT WILL ENABLE ME TO TRUST AND OBEY HIS SON.

WHAT ARE THE MEANS OR THE VEHICLE?

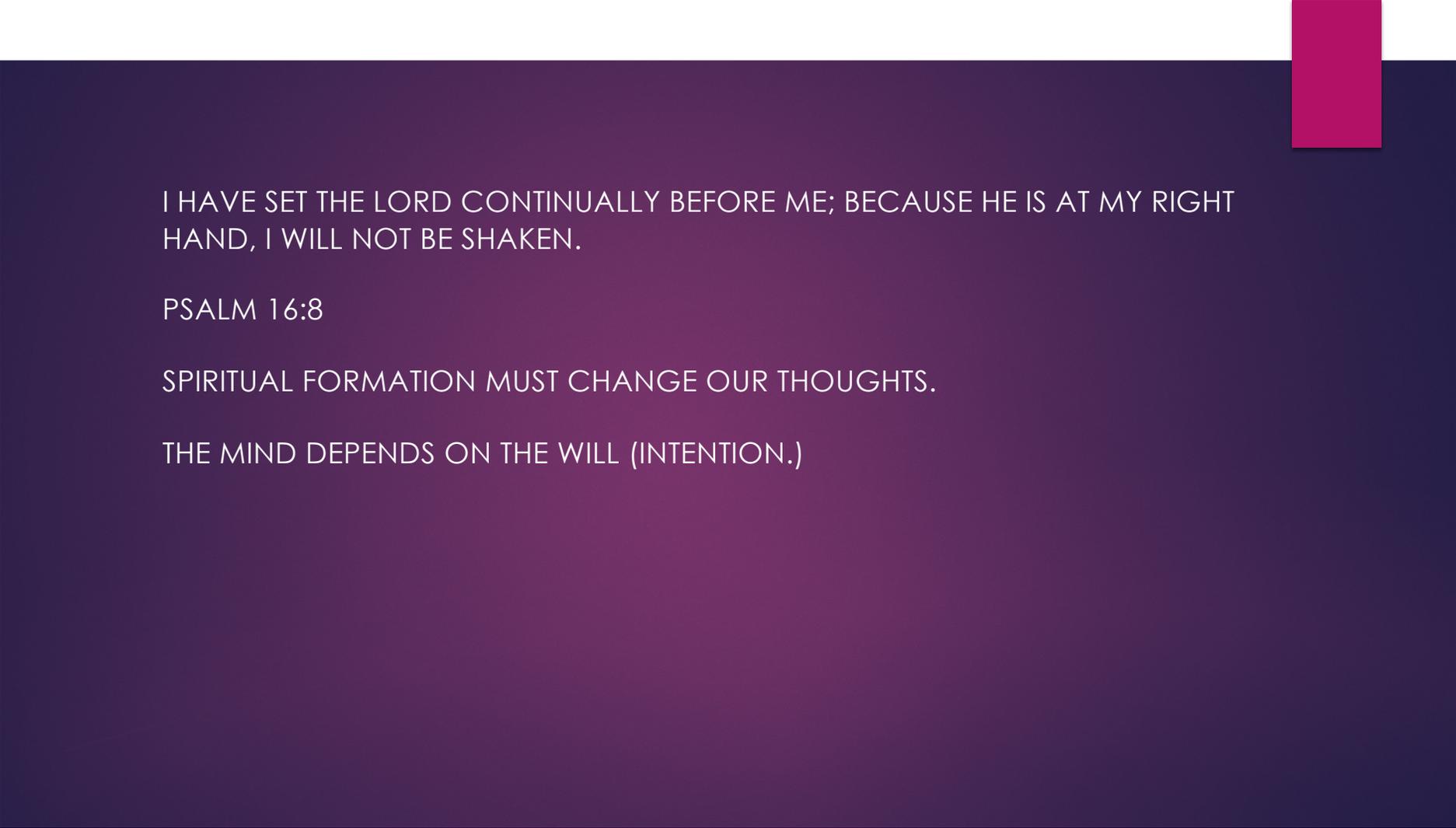
SPIRITUAL DISCIPLINES



TO LIVE IN THE KINGDOM TODAY.

SINGLE-MINDED AND JOYOUS DEVOTION TO GOD AND HIS WILL, TO WHAT GOD WANTS FOR US AND TO SERVE HIM AND TO DO TO OTHERS AS HE WILLS BECAUSE OF HIM IS WHAT THE TRANSFORMATION LOOKS LIKE... IT'S WHAT THE KINGDOM LOOKS LIKE.

ISN'T THAT WHAT HEAVEN IS? WHY CAN'T WE DO THAT NOW?



I HAVE SET THE LORD CONTINUALLY BEFORE ME; BECAUSE HE IS AT MY RIGHT  
HAND, I WILL NOT BE SHAKEN.

PSALM 16:8

SPIRITUAL FORMATION MUST CHANGE OUR THOUGHTS.

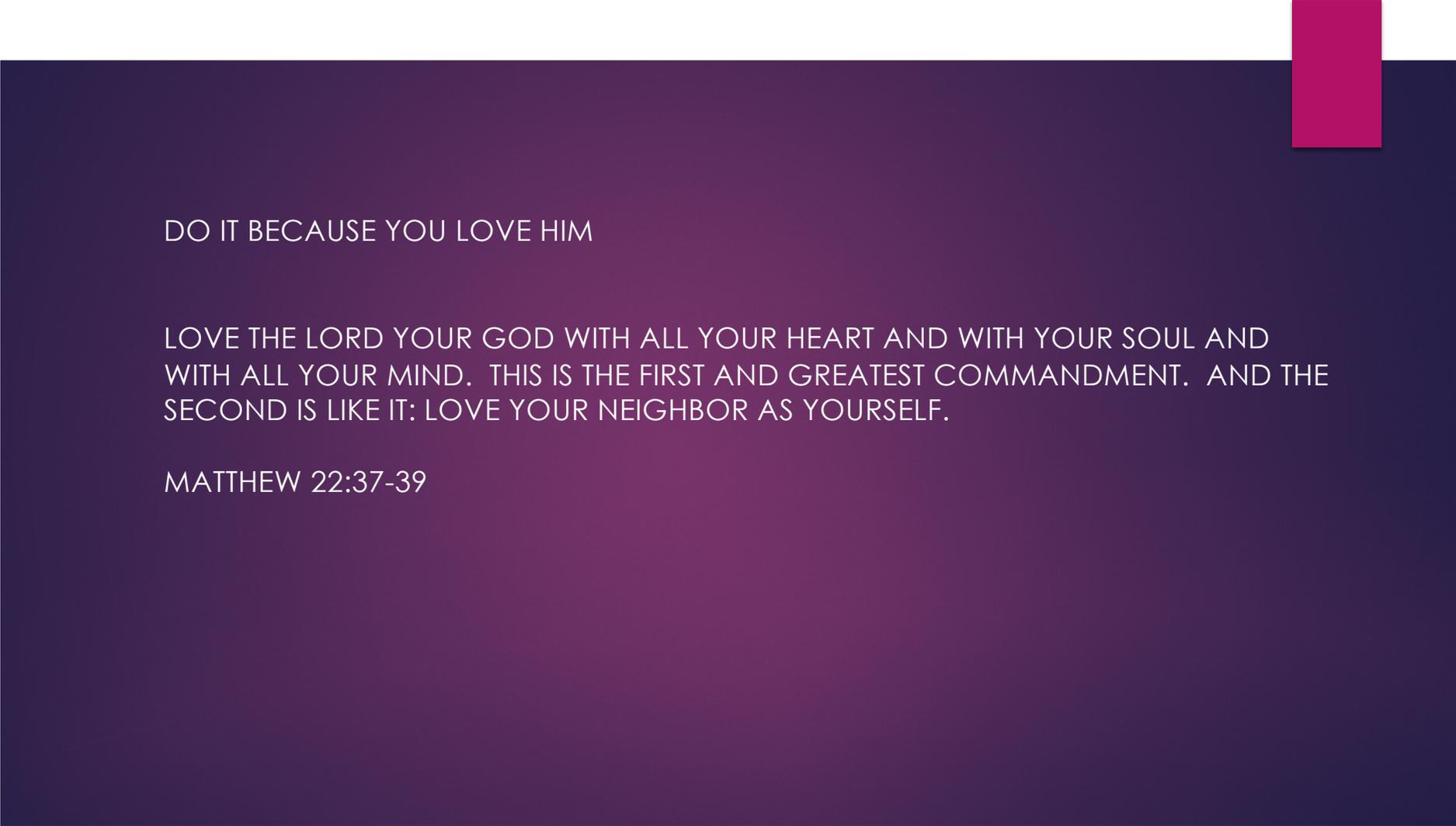
THE MIND DEPENDS ON THE WILL (INTENTION.)

## DO IT BECAUSE YOU LOVE HIM

### Love is the Essence of All the Commandments

Let no debt remain outstanding, except the continuing debt to love one another, for he who loves his fellowman has fulfilled the law. The commandments “Do not commit adultery,” “Do not murder,” “Do not steal,” “Do not covet,” and whatever other commandment there may be, are summed up in this one rule: “love your neighbor as yourself.” Love does no harm to its neighbor. Therefore love is the fulfillment of the law.

Romans 13:8-10



DO IT BECAUSE YOU LOVE HIM

LOVE THE LORD YOUR GOD WITH ALL YOUR HEART AND WITH YOUR SOUL AND WITH ALL YOUR MIND. THIS IS THE FIRST AND GREATEST COMMANDMENT. AND THE SECOND IS LIKE IT: LOVE YOUR NEIGHBOR AS YOURSELF.

MATTHEW 22:37-39



---

DID YOU KNOW THAT DOING THE SPIRITUAL DISCIPLINES BECAUSE YOU LOVE CHRIST IS A FAST TRACK AS FAR AS THE BRAIN IS CONCERNED.

THIS HAS TO DO WITH ATTACHMENT LOVE AND HOW THE BRAIN FUNCTIONS. THE SCRIPTURE CALLS ATTACHMENT LOVE "HESED." NO HESED MEANS NO ACCESS. HESED IS THE FOUNDATION FOR DEVELOPING CHARACTER.

WILDER



---

HESED – OFTEN TRANSLITERATED AS KHESED OR CHESED, IS A RICH HEBREW TERM IN THE OT DENOTING STEADFAST LOVE, LOYAL LOVE OR COVENANT KINDNESS.

KEY ASPECTS:

COVENANT FIDELITY

UNDERSERVED KINDNESS

DIVINE CHARACTER



---

## SPIRITUAL DISCIPLINES

### THE DISCIPLINE OF SHUNNING THE WORLD

WHAT HAS OUR FOCUS? IS IT ENTERTAINMENT, OR WORK? OR JESUS?

DIRECT YOUR ATTENTION TO THE THINGS OF JESUS.

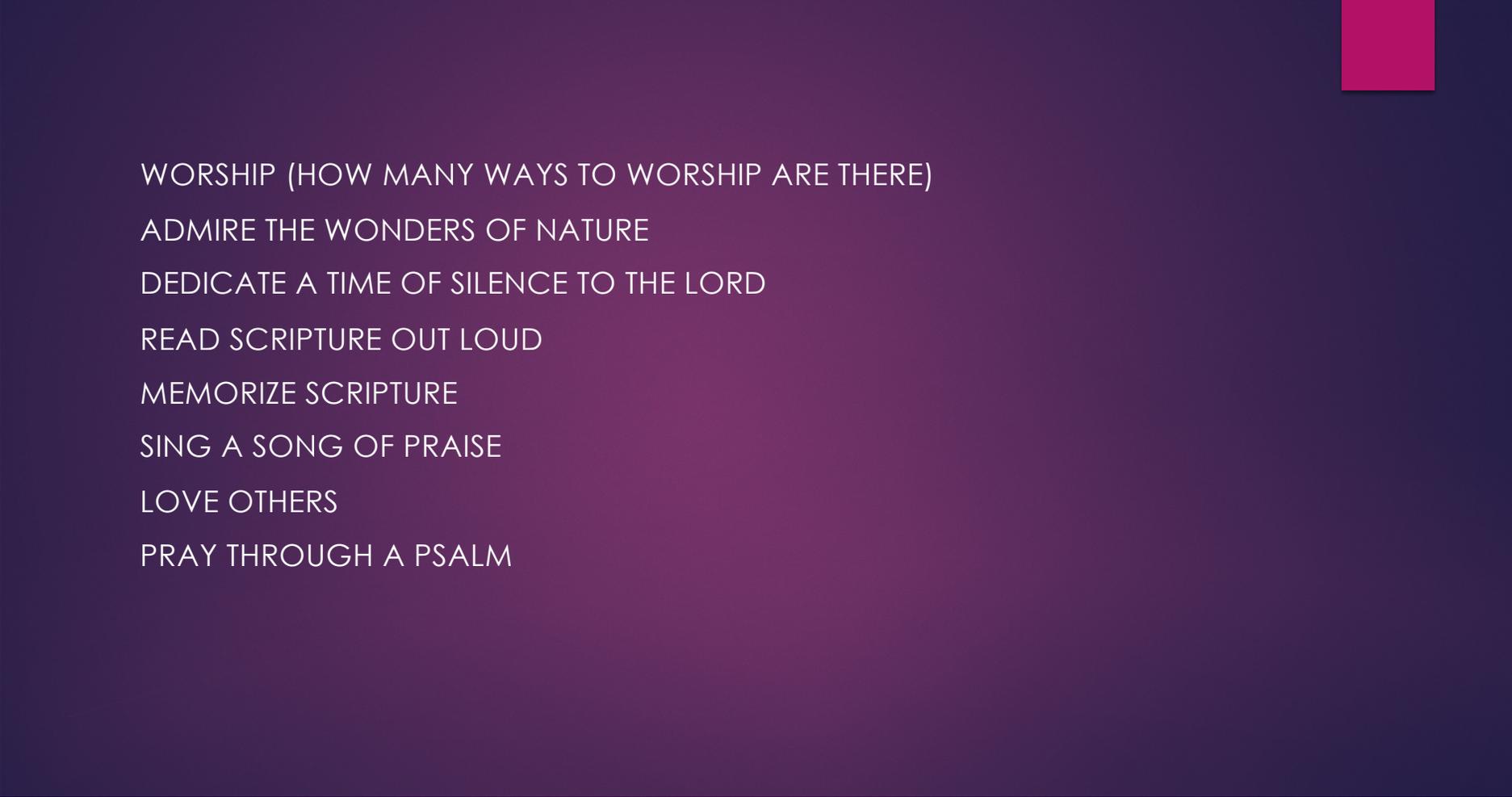
“SPIRITUAL DISCIPLINES GIVE THE HOLY SPIRIT SPACE TO BROOD OVER OUR SOULS.” (WILDER, 2020).



---

## THE PRACTICE OF THE PRESENCE OF GOD, BROTHER LAWRENCE

... "WHEN WE ARE BUSIED, OR MEDITATING ON SPIRITUAL THINGS, EVEN IN OUR TIME OF SET DEVOTION, WHILST OUR VOICE IS RISING IN PRAYER, WE OUGHT TO CEASE FOR ONE BRIEF MOMENT, AS OFTEN AS WE CAN, TO WORSHIP GOD IN THE DEPTH OF OUR BEING, TO TASTE HIM THOUGH IT BE IN PASSING, TO TOUCH HIM AS IT WERE BY STEALTH. ... WHY SHOULD YOU NOT THUS PAUSE AN INSTANT FROM TIME TO TIME IN YOUR OUTWARD BUSINESS AND EVEN IN THE ACT OF PRAYER, TO WORSHIP HIM WITHIN YOUR SOUL, TO ENTREAT HIS AID, TO OFFER HIM THE SERVICE OF YOUR HEART, AND GIVE HIM THANKS FOR ALL HIS LOVING-KINDNESSES AND TENDER MERCIES?"



WORSHIP (HOW MANY WAYS TO WORSHIP ARE THERE)

ADMIRE THE WONDERS OF NATURE

DEDICATE A TIME OF SILENCE TO THE LORD

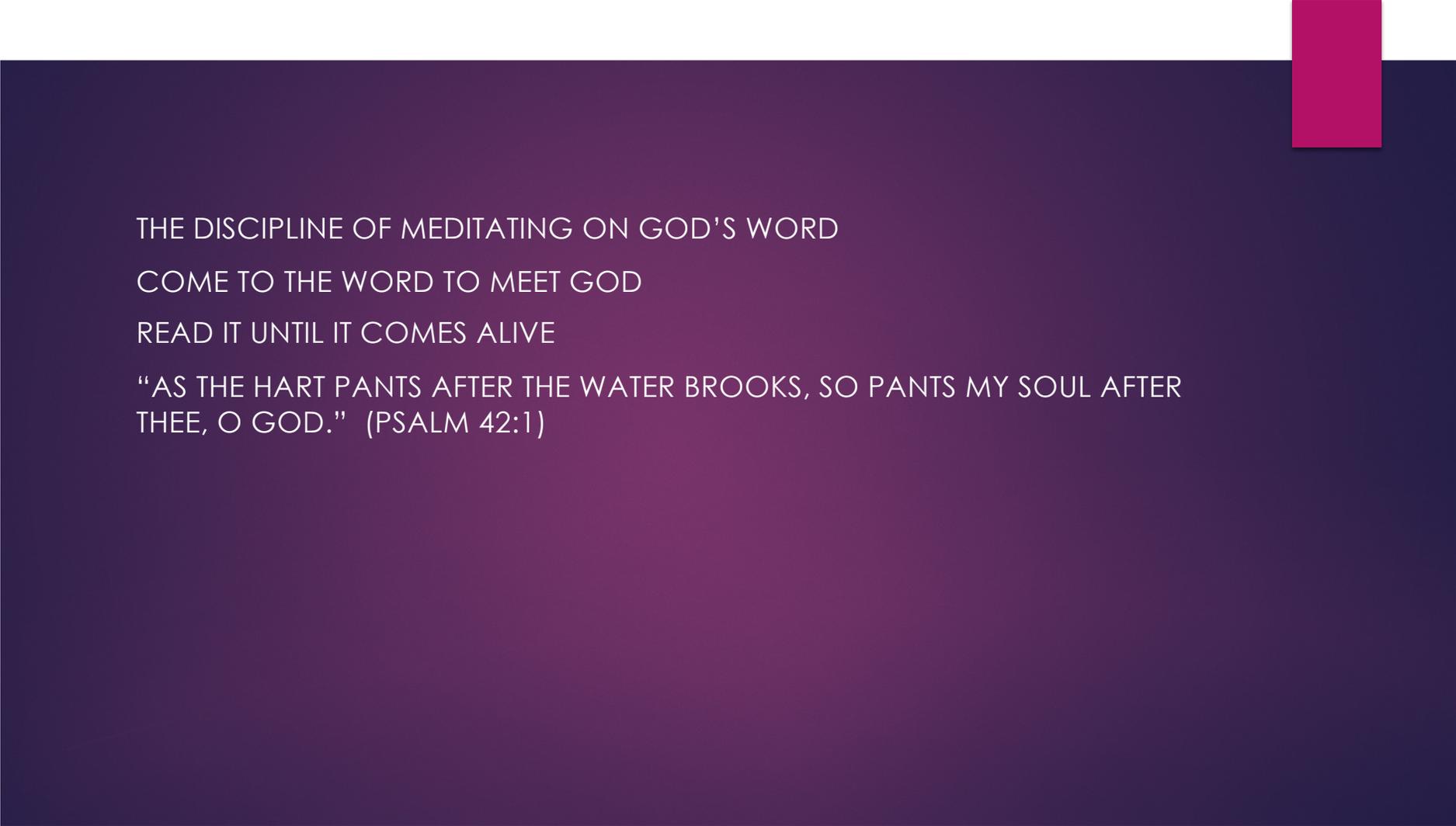
READ SCRIPTURE OUT LOUD

MEMORIZE SCRIPTURE

SING A SONG OF PRAISE

LOVE OTHERS

PRAY THROUGH A PSALM

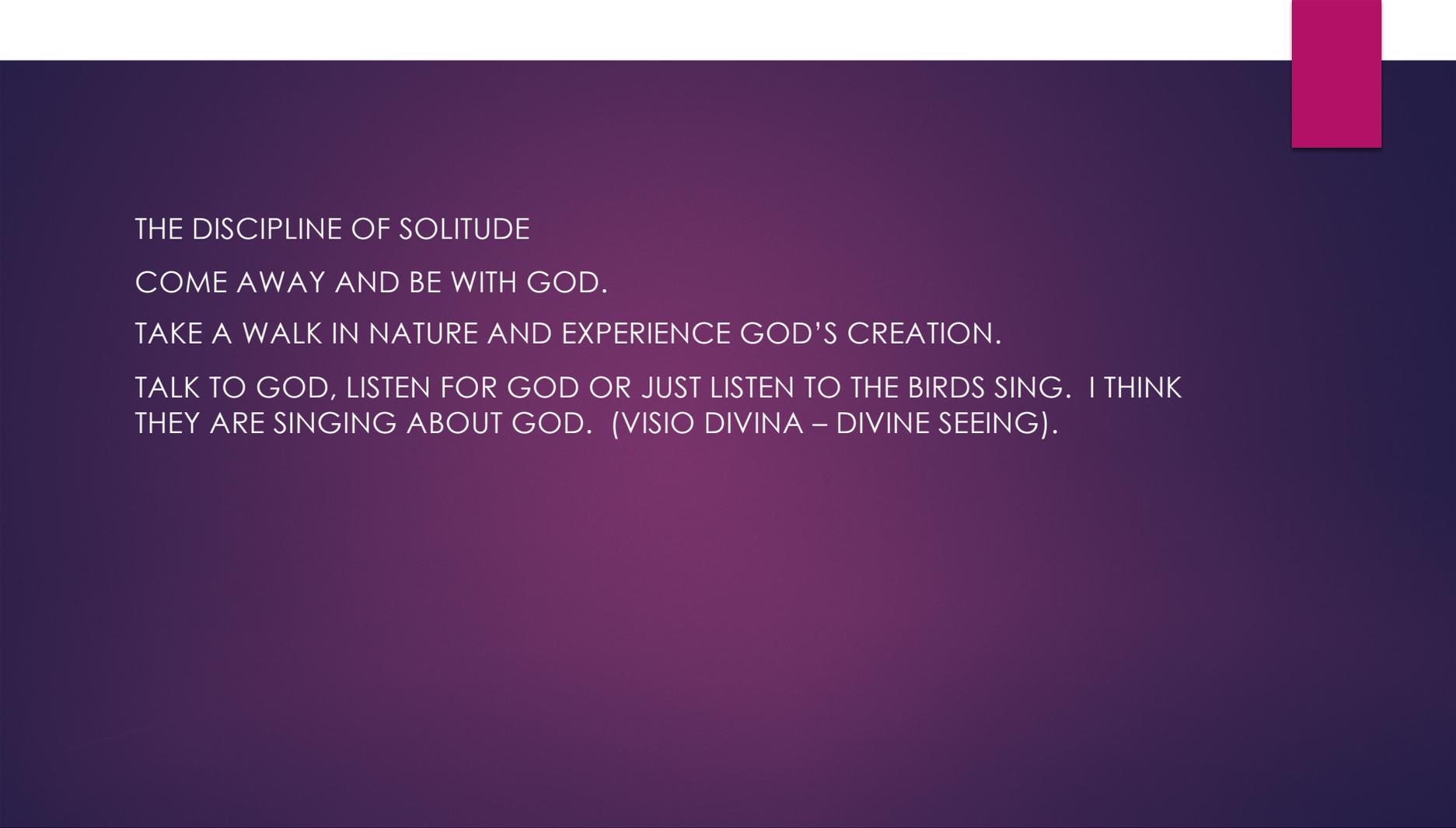


THE DISCIPLINE OF MEDITATING ON GOD'S WORD

COME TO THE WORD TO MEET GOD

READ IT UNTIL IT COMES ALIVE

“AS THE HART PANTS AFTER THE WATER BROOKS, SO PANTS MY SOUL AFTER  
THEE, O GOD.” (PSALM 42:1)

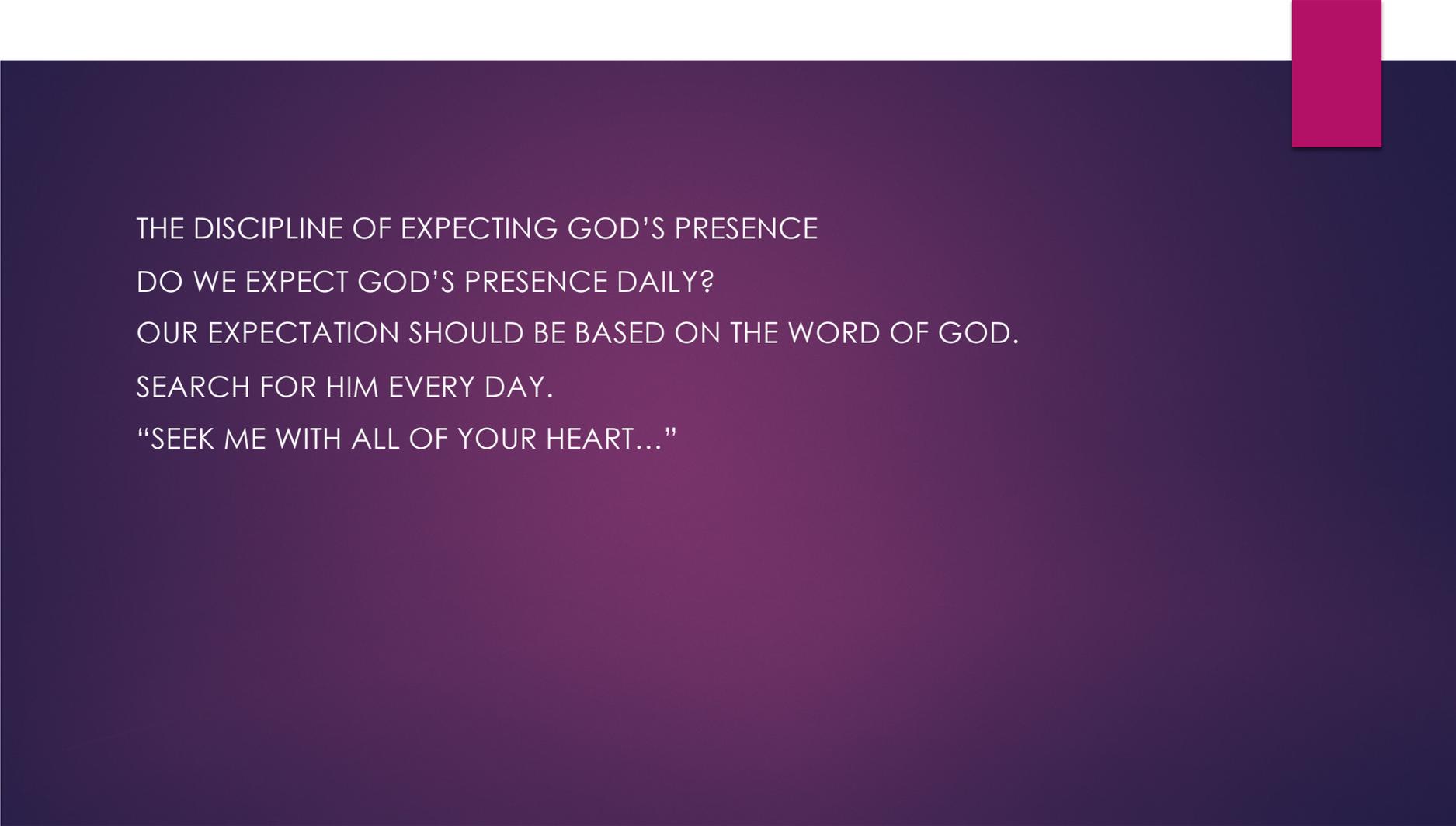


THE DISCIPLINE OF SOLITUDE

COME AWAY AND BE WITH GOD.

TAKE A WALK IN NATURE AND EXPERIENCE GOD'S CREATION.

TALK TO GOD, LISTEN FOR GOD OR JUST LISTEN TO THE BIRDS SING. I THINK THEY ARE SINGING ABOUT GOD. (VISIO DIVINA – DIVINE SEEING).



THE DISCIPLINE OF EXPECTING GOD'S PRESENCE

DO WE EXPECT GOD'S PRESENCE DAILY?

OUR EXPECTATION SHOULD BE BASED ON THE WORD OF GOD.

SEARCH FOR HIM EVERY DAY.

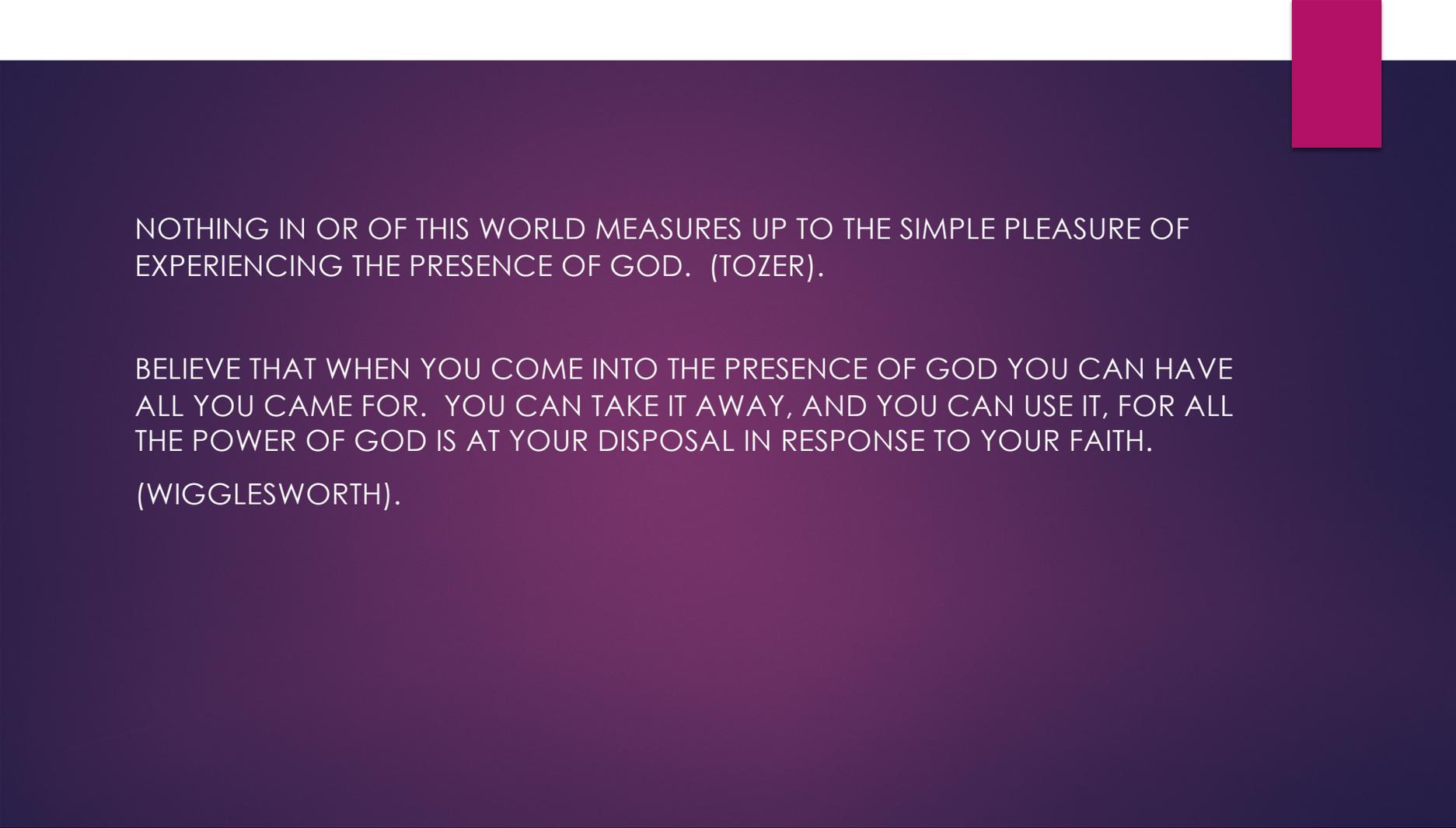
"SEEK ME WITH ALL OF YOUR HEART..."

---



THE DISCIPLINE OF OBEDIENCE

TRUST AND OBEY, FOR THERE'S NO OTHER WAY TO BE HAPPY IN JESUS  
EVEN WHEN HE ASKS YOU TO DO WHAT'S REALLY HARD.  
EVEN WHEN IT REQUIRES SACRIFICE.



NOTHING IN OR OF THIS WORLD MEASURES UP TO THE SIMPLE PLEASURE OF EXPERIENCING THE PRESENCE OF GOD. (TOZER).

BELIEVE THAT WHEN YOU COME INTO THE PRESENCE OF GOD YOU CAN HAVE ALL YOU CAME FOR. YOU CAN TAKE IT AWAY, AND YOU CAN USE IT, FOR ALL THE POWER OF GOD IS AT YOUR DISPOSAL IN RESPONSE TO YOUR FAITH. (WIGGLESWORTH).