

## LIMITLESS CONFERENCE: AN ESTABLISHED HEART STUDY GUIDE

One of the essential keys for living an unlimited life is we must stop blaming others for our small life! The limits to life are not coming from external forces, they are coming from our own heart. You cannot live long term outside of how you see yourself in your heart.

Read Proverbs 4.23. The word here translated “issues” in the King James Bible is towtsa’ah in Hebrew and means borders. It is used in Exodus, Joshua and Chronicles to mean the boundary between one nation and another. You have to realize that your heart sets the boundaries over your life.

If you cannot see yourself with your own business – it will never happen.

If you cannot see yourself healed – it will never happen

If you cannot see yourself preaching – it will never happen.

If you cannot see yourself as a success – you will not be one

So, we all need heart surgery! We all need to change our hearts!

This is not uncle Greg or uncle Andrew speaking, this is the father of the family speaking – this might not be eating out steak or cheeseburger or spaghetti al forno. This is meat and veg preaching, it’s going to feed you and get you doing what you need to do to take every single limit out of your heart!

The first step all of us much take is to realize that the boundaries and limits of your life are in your heart. The limitations that you face are not systematic, they are not environmental, they are in your heart. It is your heart you must change.

For 2021 to be bigger, for you to have more life, more wisdom, more territory, more health, more wealth than you have had in 2020, you do not need a change of environment, you do not need to go and find a new church and church hop there and put me in the blame box with the other ten pastors you have had in the last ten years. You do not need a new anything – you need to change your heart!

The limits in your life are not being caused by something outside you – they are being caused by something inside you – your heart. And the only way to stop your life getting smaller and make it bigger is to guard your heart.

We have spent a lot of time speaking to mountains, and we should. But the biggest mountains are in your heart. Do you realize that the biggest mountains are not outside – they are inside your heart. You need to not so much as move the mountain; you need to see yourself in a whole new way. You need to see yourself bigger than the mountain, you need to see yourself as more than a conqueror.

The world has realized something that we haven’t realized in the church: small is the new big. It used to be to create the biggest boom you would get the most explosives together, rooms full of dynamite to create the largest explosion.

Now, the world knows to get the biggest explosion you go small. You find an atom – an atom is tiny. You need a 6 with 23 zeros on the end atoms to weigh 1 gram. That’s what you need. You cannot grasp how tiny an atom is. It’s so small the light doesn’t bounce off

it, it's too small. But if you take one atom and split it, and you get an explosion that you would need 100 million tons of dynamite to reproduce!

If you realize the power in your spirit right now, if you realize who you are – and that image settles in your imagination – just a tiny picture shift in your mind today – just a small sermon painting a slightly different image – just one conference shifting your mental perception slightly – just four days of messages woven together like a tapestry more powerful than each individual message – can shift your thinking to create an explosion that centuries of hard work could never produce and 2021 will explode with increase, prosperity, abundance, life, health, ministry, seeing miracles, salvations for you. This is the way forward.

Let me make it simple: if you do not see yourself as a mountain mover, no mountains will be moved! but if you do, all the mountains will move! Everything that matters happens in your heart and it is your heart that needs to change. If you do not like what is going on in your life, stop trying to change your life and change your heart.

What you are going through today is what you will be going through in 2021 unless you change your heart! it will be more of the same unless you change! And it all starts with you being the one who accepts your heart is the reason why you do what you do and you are where you are.

Most people – talking about Christians here – have a huge gap between their actual identity – who they really are in Christ, more than a conqueror, a victor, a champion, healthy, wealthy, blessed beyond measure, blessed to be a blessing; and then how we see ourselves – our imaginary identity. Most Christians see themselves as average, normal, out of control, weak failures. We need to get into our heart and feed our heart what is truth – what is the Word of the Living God, we will never change our lives!

So the second step is to feed your heart the Word, But the first step is always to realize that to change your world you must change your heart – stop blaming everyone else for your misery. Stop hating the government, stop hating your employer, stop hating your church. Realize you are the one who needs to change the image in your heart to change your life.

There is no point in me teaching the “how to” change your heart, unless you decide you “want to”. You cannot walk in grace unless you decide to change your heart. You cannot be healed unless you realize it is your heart needs to change first. You cannot prosper, start your own ministry, your own business unless you change your heart. You cannot win in life unless you deal with your heart.

So, before we process you need to let God know that you are going to change your heart. That you are committed to changing your heart. You are going to feel your heart with thoughts of the Lord and who the Lord has made you. Ask the Lord to teach and train you, ask the Lord to be the strength of your heart, and let Him know you will submit to His training, His vision and His Word.

Now we are going to help deal with your small heart, and the boundaries it gives you and change our lives. Trying to change your lives without changing your hearts is like picking fruit from a tree. You keep picking it, and it keeps growing back. But today, it is time to chop the tree down.

Read Proverbs 3.1-4. We have to learn to write God's Word in our heart. When we read of the Bible, it needs to change how we see ourselves, it needs to change how you see yourself.

Everything in your life is bringing you to this point tonight, you are going to change your heart – change the way you see yourself. The fact that you are in this Living Church tonight, the fact you have listened to the message, is proof you know there is more and you will walk in the more! We are going on a journey, a dramatic change is happening in the Tree of Life family, and you are part of it. You are going to leave the slavery of Egypt and entering the freedom of the land of promise. You are going to find and fulfil your purpose. You are going to walk with God and hear His voice! You are going to enter a life with no limits. No limits on the scope of your life, no limits on how long it will last, and no limits on how good your life is going to be.

You are going to do what Jesus said – you are going to enjoy life to the fullest, and you are going to walk in abundant life. Walking, talking and breathing is not life. Biologists and doctors might define life with brain waves and heart beats – but we are more than just a gap between birth and death – we are going to experience life in the fulness – not diminished life – fulness of life. Abundance of life!

It is going to get as good as it can get then it is going to get better. Feed your heart the Word of God!

Psalms 112 is the picture of a person with an established heart. He is not afraid of bad news. He is not moved by evidence on the outside. You see if your heart is in the wrong place, mountains will move you. When you are not moved by the mountains, you will move them! Let this Psalm change how you see yourself and the results will be atomic!

Read Psalm 112.1. You see how this Psalm starts? You are blessed. You have to realize that you are blessed. You are blessed with every spiritual blessing (Ephesians 1.3). The Hebrew word for blessed here is not the normal word for blessed, it is the Hebrew word *esher*, and it best translates as happy. It means so happy that you cannot help but say it out loud. That's how happy we should be every day. We should be so happy every single day that we cannot stop shouting and making a noise about it.

At this point someone will say "I don't feel that happy", "I don't think I will ever be in that place". That's the problem – you are relying on feelings and what you think. That is why your heart is so small. You are not resting on God's Word. Start thinking what God thinks, start saying what God says. Say out loud "I am blessed", say out loud "I am happy". Say: "I am so happy I can't help smile". Say it! If it sounds strange, say it again. But we need to say it to repaint the image in our heart. The paintbrush that changes the image in your heart is your tongue! The more you say the Word, the more you write it on your heart.

This is non-negotiable: you have to speak the Word and change the image on your heart – I can't lie to you; we cannot change the truth. This is the only way to progress.

If you are limited in life, your heart is the limiter. You must change your heart. The images in your heart are painted by your mouth. What you have said in the past is your problem today. You need to change your words to get different results.

So say it "I am happy".



Now someone will go “I am not saying I am happy when I am not, I am depressed, that is what I am so that is what I will say”. My question for that someone is this: how is that working for you? How is that working out for you? I can tell you it is not changing anything, because you cannot break these principles.

Take this Psalm and start to declare it. Say “I am blessed”. Say “I fear the Lord”.

Fearing the Lord does not mean being terrified of Him, it means you trust the Lord and His blessings and His favour more than anything. You put God first, you fear the Lord. Some of you will feel condemned by past events and experiences, but they are not going to paint your heart anymore. So, you reject those experiences and you forget your past, guard your heart, fight for your future – with words – say “I fear the Lord, I delight in the Lord, I delight in His commands”.

The word here for delighted is khaphets, and it means to be so happy and joyful you have to start moving your body! If it doesn't move you, it isn't joy. The word for commandments is mitsvah, that's more than just the law, it's God's principles, God's way of doing things.

Say “I delight in doing things God's way”

Say “I delight in taking responsibility for my heart. I delight in talking to my heart!”

Read Psalm 112:2. If you start programming your heart and start declaring these things and seeing yourself this way, everything will change. Your seed will be mighty on the earth. Now here seed has a double reference: it means your children and it means anything you have sown into the kingdom.

God wants your seed to be mighty. The Hebrew word for mighty here is gibbour. It means someone with power, it means a hero. God wants your children to be heroes. Heroes for Jesus! It is time to stop worrying about your children, stop worrying about them forever, and start believing the Word, believing your children will be heroes. You should be painting this image of your heroic children in your heart until you have to stand up and dance and move your body with joy. Your children will be mighty!

In addition, everything you sow into the kingdom will be heroic. Your giving will create heroes around the world – you will have enough money to give heroic seeds to the kingdom of God. Money that will significantly change people's lives – you will see heroic returns.

And your generation – that means more than children, that means your tribe. God wants you to be a patriarch and matriarch – old enough to see your great-great-grand-children, wise enough for them to want to see you, full of life that creates a generation of blessed people – your children will marry well, your children will have great children!

And your generation will be blessed – that is the normal word for blessed, barak, it means empowered to win and succeed in life. Your whole family will have the power to succeed.

You need to say this until you see it inside, and you need to hold that image inside you – until you start moving with joy. Until you start dancing. Some of you will have it by the end of this message, others are going to have to go over this again and again, read it until you see it, speak it until you believe it, believe it until you rejoice in it. Until it fills your

heart entirely. Until you have to shout for joy – until you dance, until you clap and shout and sing. This is how you fight your battles!

I am telling you the truth, as you paint this picture in your heart, atomic change is happening. Your children are coming home. Your adult children are coming right. Your little children are growing in wisdom. Your teenage children are going to make great choices. It is your inheritance, but you have to change your heart.

Some of you need to forgive your children, some of you need to stop praying negative prayers, some of you need to stop worrying. Your heart is limiting your life – you must change the image in your heart!

Read Psalm 112:3. You also get wealth and riches. We need both wealth and riches! Wealth means things of great value, it means more than enough to meet all your needs. That is what God wants to fill your house with, and if your house is not big enough to hold it all, God wants to give you a house that is more than enough.

God is not opposed to you having wealth. But people with small hearts, limited hearts, poor hearts – they do not want to admit their poverty is caused by their hearts, so they blame the state, blame the system, blame the Tories, blame institutional racism, blame their church, their nation, anything but their own heart.

And as Christians we have another thing we can blame besides our heart – we often blame God. We have doctrines like God wants us poor, being poor is how God makes us humble, God's will for our life is poverty. That is not Biblical. The Bible is explicit: Jesus took poverty on the cross to make us wealthy (2 Cor. 8:9).

If I had my driveway made from pure gold, the critics would write books about me. They would write some very nasty things about me. But Jesus – right now – has a driveway made of gold! And Jesus is so rich, He paved everyone's driveway with gold when we get to Heaven! If God's will is poverty, why is Heaven so loaded?

What do you think you are praying when you pray "let your will be done on earth as it is in heaven" – we are praying for prosperity and abundance. But our culture, British culture in particular, hates the rich, we despise the rich in our heart, we hate entrepreneurs, we tear down the successful. But doing that actually damages our heart, it is not guarding our heart – so the limits come out of the heart and limit us from success, because we hate success in our heart. We do not want to – at a heart level – become someone we hate.

I want everyone here to see yourself rich. At the very least, double your income in your mind and expect that, dream of that. Not so you can pander to your wants, but so you can change the world.

But you do not just get wealth, you get riches too. God wants you richer. God wants you to increase. You need a heart that says "My house is a house of increase". You need to get up every morning and say "I am going to have more today than yesterday!" You need to say "wealth and riches are in my house". And there is something better than that – your righteousness will endure forever.

Righteousness is the ability to stand before God with no sense of shame or inferiority. It means the ability to stand before God as a peer – it's a remarkable word. And here is the good news – it will never end. You will never, ever stop being right with God!

I still meet Christians unsure of that and it affects their heart to think God could ever be displeased with them. Read Isaiah 54.9-10. God has sworn to never be angry with you again. That's in the Bible!

Read Psalm 112.4. Now because you are right with God – and you have to see yourself as right with God, that is vital. But you need to know that because you are right with God, light will always arise for you.

No matter how dark it is – your light is going to shine! Your light is going to come forth! You are going to shine – you are going to be like Daniel – ten times wiser than your peers, you are going to be like Joseph – promoted over your brothers and sisters. You are not just favoured – you are highly favoured – you are ridiculously favoured.

Read Psalm 112.5. You are someone who shows favour. The Hebrew for *khanan*, it literally means “you make other people more favoured”. I do that – if you come to Tree of Life and listen to me and get around me, the amount of favour on your life will increase because you are around me.

Rather than get shocked I would dare say that, you need to enlarge your heart and say it about yourself too. You need to say: “I make people more favoured”

Favour means to step down to lift someone else up. That's the literal definition of the word – to step down. You are able to do that because you are on a high step! But we don't look for the high step to brag it – we look for the high step and believe for the high step to help others up!

We also “lendeth”, now this word in Hebrew is actually the word for “to remain forever”. It was part of Hebrew marriage vows. You are going to show favour and it is going to remain with people. Forever! You are going to lift people up and they are going to be fruitful. Forever! Fruit that remains.

Someone will then say, “that has never happened to me before”. That's right – that's because you never said it before. That's because you never painted that image in your heart before. But now you are going to speak the Word – you are going to say “I show favour to others, I walk in victory, I guide my affairs with discretion”.

I love that line – to guide our affairs with discretion. The word here means the wisest number of all, it means something that fits perfectly, like a fitted kitchen. It means something that is in the exact right place and the right time. Every day I declare over myself “I am in the right place at the right time” and “I am in the right time at the right place”. Say “I fit in”.

Read Psalm 112.6. Now this is where this Psalm gets good – you will never be moved. When was the last time you said, “I will not be moved”? If you are moved, if you are afraid of evil tidings, your heart is not fixed. I am not condemning you, I am helping you. I am bringing this to your attention so you can make a change!

Far too many Christians let the mountains move them, but that is not us. We know our God is more than enough and we will not be moved.

Read Psalm 112.7. Say “I am not afraid of bad news”. We live in a world full of bad news. But bad news is never going to affect you again! That is the good news – the bad news will not affect you. You need to ensure your heart is both fixed and established.



Now the word for fixed in Hebrew is kuwn and it mean to prepare something beforehand. You see this is a key that most people ignore. You do not wait for the bad news before you start working on your heart. You get your heart right now and fill it with the Word. You do not wait until you get sick before you listen to the truth about healing, You can read books on healing now, you can listen to sermons on healing now, you can meditate on the healing promises in the Word now.

In November 2019, God spoke to me (I always set aside time for prayer and fasting in November to pray for the next year). And God told me that my one task in 2020 is “to train your people to stand in faith against every storm”. I believe I have done that to the best of my ability. Storms have come like never before this year. Not just covid, but the lockdown has been a storm – it has been a storm financially, socially, spiritually. It has been a hard year. But I am watching Tree of Life people stand in faith, receive their healing, receive their freedom, stand down mountains and make them move, and I believe that is going to be your testimony too.

I had no idea Covid was coming in 2019, I had no idea that for the majority of Sundays in 2020 we would not be meeting in person in our churches, I had no idea what was coming. I had no idea that people would lose businesses, go on furlough pay, face storm after storm. I just knew what God told me: teach my people to stand in faith.

Before the lockdown began in March, I had already through January and February taught verse by verse all the way through Hebrews II, and I had spent so much time personally studying the topic of faith, it just came out of me every Sunday, every mid-week, and because of that Tree of Life Family have thrived in the storm. This storm has not destroyed us, and we are stronger now than we have ever been.

When the Covid arrived I said in my heart, and out loud, “We will not lose a single person” – someone in Guildford had a picture of us counting everyone back in, and we have not lost anyone and we will now.

When the lockdown happened, and the government started subsidies – I said “I will not take a penny from the government and we will come out the lockdown having helped more people than we ever have and with more in the bank than we have ever had”. Both those statements have turned out to be true. Our ministry has grown more this year than it ever has. People might have all sorts of explanations as to why that is happening, but I will tell the truth as to why Tree of Life Family is growing: because I prepare my heart every day. I guard my heart every day. You have to prepare your heart and guard your heart.

At some point tomorrow, the world is going to try and assault your heart – it’s going to bring you bad tidings. The world will tell you something like: You are too stupid to pass this course, you are too weak to win, you are too selfish to be a good husband, the economy is too bad to start your own business, you cannot have a ministry in this nation, you cannot be a good pastor, you cannot start a church in this town!

So why not get a head start on the world and today go and programme your heart yourself. Put some praise music on and start pacing the floor and give yourself some good tidings. Tell yourself: Jesus is alive, Jesus loves me, I fear the Lord, I am a success, wealth and riches are in my house, my children are mighty on the earth. Speak the Word until you see it, see it until you rejoice in it.

Say "I am more than a conqueror". Fix your heart on that, you are able to conquer everything and anything that comes at you. If you stand on the Word you are standing on the every power of God.

Read Psalm II2.8. So, you need to fix your heart. You go first and get in first and give your heart the Word of God until it was established. You need an established heart. The word established in Hebrew is camak. It means "supportive", it means an item you can lean on. Some of you have spent most of your life with your heart sabotaging you, it has offered you no support. Your heart is limiting your life and you cannot rely on it.

You go off and plan to increase – you start to learn more, get a promotion, walk in victory, start a ministry – but because you don't see yourself as a victorious man, as a righteous man, as a blessed man, your heart can make your whole body sick over it. You start to dread it. You start to feel out of sorts. You need to feed your heart better – guard it better – you need to fix it, get in first. that's the best protection for bad tidings – get the glad tidings in first!

Then what will happen, and it might take time, but it will happen. Your heart – your self-image, your understanding of yourself – will become something you can lean on, it will support you.

So, if I wake up with symptoms of sickness, I don't panic or fall apart like a two dollar suitcase, because my heart is my support – I have guarded it and fed it right, and it doesn't limit my life to what i feel or see. My heart says "Ben, you are healed, this is not your portion, you are a child of God, God adores you, healing is the children's bread".

If I get a big bill, and I get big bills – TV is not cheap – it's really cheap for me relatively, I keep getting discounts and free airtime, I truly am God's favourite – I am highly favoured – but I don't fret, my heart says "You are a wealthy man, you are rich because Jesus made you rich, wealth and riches are in my house"

If my children play up I don't panic and whine and moan, I praise God that great is the peace of my children, that the generation of the righteous is blessed, that my seed are mighty on the earth.

Read Psalm II2.9. There will be increase coming to you. God is desiring passionately to honour you. There will be a deep increase in honour. Things are going to happen for you. There is a limit to how much you are being honoured being removed right now!

Read Psalm II2.10. You have to realize that no one else's opinion holds long term. When you stand on the Word, you stand with God. God wants to breathe something powerful into your heart right now – a vision of you bigger than you have ever been.

**MORE INFLUENCE, MORE HONOUR, MORE WISDOM, MORE FAVOUR, MORE RESOURCES.** You have to make sure you are not the bottle neck!



## LIMITLESS CONFERENCE: AN ESTABLISHED HEART QUESTIONS

- I. Where do the limits in our life come from?
  2. Where are the biggest mountains in our life?
  3. What must we feed our heart for it to change?
  4. Do you see yourself as a happy or blessed person? How can you alter your image if not?
  5. Do you see your seed as mighty heroes? How can you alter your image if not?
  6. Do you see your house as filled with wealth and riches? How can you alter your image if not?
  7. Who is your default person or system to blame when you encounter limits in your life? How can you stop blaming them, and what can you do to stop the limits in your life?
  8. Do you see yourself as a righteous person? If not, how can you get the image of a righteous person inside your heart?
  9. Do you see yourself as someone who increases the favour of other people who are around you? Do you have a strategy to see yourself that way?
  10. What can you do today to fix or prepare your heart before the bad news come?
  - II. What areas do you need your heart to become a support to you in? How can you change your heart in those specific areas?
  12. What about this message inspired, challenged or encouraged you the most?
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- What would help you all is to be as specific as possible – if you struggle to see yourself as righteous, rather than decide “I am going to read my Bible more”, decide in November, I am going to spend one hour a day listening to a sermon on righteousness by someone who clearly knows they are righteous more than I do. That specificity will change your life.
  - You are in charge of your heart. Make a plan this month during lockdown to be working on your heart. See this lockdown as a gift of time to work on your life.

Tree of Life Church  
where dreams come true