

The True Secret to a Fulfilled, Happy Life Revealed

The primary reason I recommend listening to *The Father's Heart* podcast on the Charisma Podcast Network is to help you obtain connection.

The foundational Scripture on which it is based is Malachi 4:6a: "He will turn the hearts of the fathers to their children, and the hearts of the children to their fathers." The thought behind this Scripture speaks to having a good connection with our fathers, whether that be our natural fathers or God the Father. Actually, I really believe it relates to both relationships.

In a world wherein relationships are often so disconnected, the need to be connected is paramount. Most people are self-aware enough to understand that they need and want to be connected but don't know how they can get there. How does one connect to people or to God? Obviously, if you are not connected to anyone, you don't have any relationships. How can one survive in a world without connection—without relationships?

Our physical brains are wired for love, according to Dr. Caroline Leaf in her book *Switch On Your Brain*. Love thoughts create proteins in our brains. Love thoughts connect us to people. Thoughts of worry, anxiety and fear disconnect us from other people and from God our Father. Those negative thoughts actually destroy brain cells, thus performing brain surgery on our brain, according to Dr. Leaf. Naturally, this is not good. Furthermore, it becomes a downward cycle leading to psychological problems like panic attacks, depression or worse.

The most powerful Scripture to help people overcome all potential psychological problems is “‘Honor your father and mother,’ which is the first commandment with a promise, ‘so that it may be well with you’” (Eph. 6:2-3a). How simple, yet how true. Love and truth thoughts connect; fear and lies disconnect. In each podcast we endeavor to identify a problem in our culture/society from the perspective of a father. *The Father’s Heart* offers a perspective of how a natural father would perceive a situation, but more importantly, God our Father offers His perspective from His Word. We discuss how the enemy has taken fathers out of the equation in the family, church, community, business, government and any and all social organizations to destabilize the fabric of our society. In each podcast, we show how God is moving to reinstate men into the role of fathers, and the positive effect this is having on family, church, community, business, government and more.

The process of reconstructing connection in a person’s relationships starts with helping people understand their thoughts and what is the spirit behind their thoughts. This is particularly true about uncovering fears. Remember worry, anxiety and fear thoughts disconnect us from relationships with family, friends and God. Therefore the starting point is understanding the truth of who we are (our identity). How do we find our identity? This is why the first book in the children’s series *Papa Tom’s Tales* addresses identity. This series of children’s books addresses 12 different fears a child could have in their life and how the love of God helps them overcome each and every fear: “Perfect love casts out fear” (1 John 4:18). The process of discovering truth starts with understanding who we are and who God is. Once we know what our Father says about us, we can build from there. Both the book series *Papa Tom’s Tales* and *The Father’s Heart* podcasts deal with the same subject from the same perspective. The perspective is the Father’s heart: how God the Father sees us and sees reality in light of the kingdom of God.

I trust you will enjoy the podcasts and the children's books. My desire is to reach out to you and help you overcome a big lie. Whoever told you that your life will not be easy lied to you. The truth is if you discover the truth about life (in His Word) life will not be hard; in fact, it will be easy for you because you will know the truth, and the truth will set you free (John 8:32). Guess where I got that one from? There was a rabbi who once asked the question, "What is the first question God the Father will ask you when you pass from this earth?" The rabbi said, "He will ask you if you enjoyed your life, for it does the Father's heart good to know His children enjoyed every day of their life." In everything give thanks for this is the will of God. He wants us to have joy. That should be our perspective every day. If we know our Father's heart for us, we can have that perspective. If not, we will suffer. The choice is ours.

Enjoy the podcasts and the books, it will lift you up. {eoa}