



A JOURNAL FOR HEARING THE LORD

My *Secret* Garden

*Raising my Ebenezer to future
generations*

*"A garden enclosed is my sister, my
spouse; a spring shut up, a fountain
sealed."*

SONG OF SOLOMON 4:12



THIS JOURNAL BELONGS TO



DEDICATION

From Grandma Ida, who gave me the wall.

Jesus, who gave me the key.

To Aunt Linda, who called me her own.

*And for a peaceful Papa, and Momma Bill,
who taught me to seek Him.*

*To my Momma, who always put me first,
and my Daddy, who always loved me unconditionally.*



DEDICATION

*To the women who showed me how to walk —
my spiritual mommas, and a new spiritual sister.*

*To my spiritual mommas, whom I could always depend on for
the truth.*

To Linda, gifted in mercy and grace.

To Suzette, a real warrior and survivor.

*To Janice — in full surrender, she goes forth with full truth
and authority.*

*And to my new sister in Christ, Mary Elaine — surrendered
enough to come alongside you with truth and precise focus, to
help bring you to deliverance.*

*Thank you all for submitting, surrendering, and seeking
truth.*

Thank you for acting on His behalf.

THE INVITATION

Behind the wall, a spring kept for you

A secret garden is the secret place — where the Lover of your soul waits. Jesus said to pray to “*your Father who is in the secret place*” (Matthew 6:6). Behind a wall the world can’t climb, He keeps a fountain sealed for you alone.

The whole story of God runs through gardens. He walked with us in Eden in the cool of the day. He surrendered everything in the garden of Gethsemane. And when He rose, Mary found Him in a garden and mistook Him for the gardener. Beginning, breaking, and resurrection — He has always met His people among growing things.

And this door is not new to you. Your Grandma Ida pressed the first *Secret Garden* into your hands when you were a girl. He has been walking you toward this gate your whole life — a thread of love, passed down, that finally opens onto Him.



A PRAYER TO ENTER

Lord, quiet my heart and still the noise around me. Open the ears of my spirit to Your still, small voice. Speak — for Your servant is listening. Teach me to know Your voice from every other, and give me the courage to walk in what I hear. In Jesus’ name, amen.

DATE

WHERE I MET HIM

MINUTES STILL

WHAT I SENSED — *a phrase, a picture, a verse, a dream, a knowing*

HOW IT CAME

☐ Still, small voice

☐ Spontaneous thought

☐ Dream

☐ Vision

☐ In worship

☐ Through a person

☐ Through an elder

☐ In creation

☐ A deep knowing

DOES IT AGREE WITH HIS WORD? — *reference & note*

THE FRUIT

LIKELY HIM — peace, and my faith rose

TEST IT HARD — fear, striving, or condemnation

IS IT LOVE? — *does it build up, encourage, comfort? 1 Cor 14:3*

MY RESPONSE — *the one step of obedience I'll take*

LOOKING BACK — *did it come to pass?*

Test it before you trust it — *weigh how you heard against His Word, its fruit, and love.* 1 JOHN 4:1 · GALATIANS 5:22–23

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☐ Spontaneous thought

☐ Dream

☐ Vision

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☐ Through a person

☐ Through an elder

☐ In creation

☐ A deep knowing

DOES IT AGREE WITH HIS WORD? — *reference & note*

THE FRUIT

LIKELY HIM — peace, and my faith rose

TEST IT HARD — fear, striving, or condemnation

IS IT LOVE? — *does it build up, encourage, comfort? 1 Cor 14:3*

MY RESPONSE — *the one step of obedience I'll take*

LOOKING BACK — *did it come to pass?*

Test it before you trust it — *weigh how you heard against His Word, its fruit, and love.* 1 JOHN 4:1 · GALATIANS 5:22–23

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IS IT LOVE? — *does it build up, encourage, comfort? 1 Cor 14:3*

MY RESPONSE — *the one step of obedience I'll take*

LOOKING BACK — *did it come to pass?*

Test it before you trust it — *weigh how you heard against His Word, its fruit, and love.* 1 JOHN 4:1 · GALATIANS 5:22–23

DATE

WHERE I MET HIM

MINUTES STILL

WHAT I SENSED — *a phrase, a picture, a verse, a dream, a knowing*

HOW IT CAME

☐ Still, small voice

☐ Spontaneous thought

☐ Dream

☐ Vision

☐ In worship

☐ Through a person

☐ Through an elder

☐ In creation

☐ A deep knowing

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THE GARDEN WALL

What keeps the garden safe

Every impression gets weighed against these three. This is what turns a gift into something trustworthy — and keeps it love instead of ego.

The *Word*

Does it agree with Scripture? He never contradicts what He has already written. ¹

JOHN 4:1

The *Fruit*

Does it bring peace and strengthen faith — or fear and striving? He has not given a spirit of fear. GALATIANS 5:22–23 · 2 TIMOTHY 1:7

The *Love*

Does it build up, encourage, comfort someone? That is what the gift is for. ¹

CORINTHIANS 14:3

THE WAYS HE SPEAKS

The still, small voice

A spontaneous thought

Dreams

Visions

Through worship

Through another believer

Through an elder

In creation

A deep, settled knowing

VERSES FOR THE GARDEN

Psalms 46:10 — Be still, and know.

1 Kings 19:12 — a gentle whisper.

John 10:27 — My sheep hear My voice.

Jeremiah 33:3 — Call to Me and I will answer.

Habakkuk 2:2 — Write down the revelation.

Psalms 91:1 — the secret place of the Most High.

*“You will keep in perfect peace those
whose minds are steadfast, because they
trust in You.”*

ISAIAH 26:3

Come often. The gate is open to you.

Demonic and Flesh Infirmities

Common groupings — the ones I'm bringing to Him

We have a real enemy — not a symbol, not a leftover superstition, but a person the Word says prowls, looking for a way in (1 Peter 5:8). Somewhere the church grew quiet about him, and His people waste away for the lack of that knowledge (Hosea 4:6). You can love the Lord for twenty-five years and never once be told the door is still open to be set free. I know — I hadn't been.

So this part of the garden is that missing word, said plainly. Not to make you afraid — you fight from a victory already won, not for one (Luke 10:19; Colossians 2:15) — but so you stop wrestling flesh and blood (Ephesians 6:12), and take back ground he was never entitled to.

Some of what we carry is of the *flesh* — habits, appetites, and patterns to be crucified and disciplined (Galatians 5:19–24). Some is *demonic* — an influence to be bound and cast out in Jesus' name (Mark 16:17; Luke 10:19). Part of walking free is knowing *which is which*, so you fight each the right way — one you put to death daily, the other you command to go.

This is where you name them. Take your time. Mark which are yours — some you carry *now*, some you carried *once*, some came down the *family line*. Weigh each one before Him honestly; He is gentle with an honest heart.

And when He sets you free, *guard the door*. A swept house has to be filled (Matthew 12:43–45). Submit to God, resist the devil, and he flees (James 4:7). Give him no foothold again (Ephesians 4:27).

The Holy Spirit will quicken more as He sees fit. Leave room. Let the list grow.

Strongholds — by where they take hold

*Every family, gathered by the makeup of a person — spirit, soul, and body.
Each is placed where it most roots; they overlap, so read across and circle
where it lives in you.*

Body FUNCTION · APPETITES · THE PHYSICAL

BONDAGE & ADDICTION

Addiction, compulsion, gluttony, overindulgence, escape, striving, workaholism, obsession, restlessness

INFIRMITY & DEATH

Sickness, infirmity, affliction, chronic pain, weakness, death, suicide, self-harm

LUST & IMPURITY

Lust, impurity, perversion, fantasy, pornography, fornication, adultery of the heart, seduction, uncleanness

Soul MIND · HEART · WILL

Mind

FEAR & TORMENT

Fear, anxiety, worry, dread, panic, phobias, terror, torment, nightmares, paranoia, timidity

DOUBT & DECEPTION

Doubt, unbelief, skepticism, deception, confusion, double-mindedness, lying, error

Heart

REJECTION & WOUNDS

Rejection, abandonment, self-rejection, fear of rejection, insecurity, inferiority, loneliness, feeling unloved, orphan-heartedness

SHAME & CONDEMNATION

Shame, guilt, condemnation, self-condemnation, self-hatred, unworthiness, regret, defilement

BITTERNESS & ANGER

Bitterness, unforgiveness, resentment, offense, anger, wrath, rage, hatred, retaliation, violence, cruelty

GRIEF & HEAVINESS

Grief, sorrow, mourning, heaviness, sadness, depression, despair, hopelessness, discouragement, apathy, self-pity

ENVY, GREED & DISCONTENT

Jealousy, envy, covetousness, greed, competition, comparison, discontent, ingratitude

Will

REBELLION & CONTROL

Rebellion, stubbornness, self-will, disobedience, control, manipulation, domination, possessiveness, intimidation

PRIDE & SELF

Pride, arrogance, vanity, ego, self-righteousness, haughtiness, self-importance, self-deception, stubborn pride

Spirit GOD-CONSCIOUSNESS · WORSHIP

OCCULT & FALSE WORSHIP

Occult, witchcraft, sorcery, divination, fortune-telling, astrology, spiritism, séance, idolatry, false religion, New Age

Doorways, not walls — where one crosses over; put it where it first took root.

HEBREWS 12:15 · PROVERBS 4:23

Scriptures for the fight

The Word is the weapon — for the flesh, for the enemy, and for walking free

FOR THE FLESH

Crucify & discipline

Galatians 5:19–24

the works of the flesh — crucified

Romans 8:13

put its deeds to death by the Spirit

Colossians 3:5

put to death what is earthly in you

Romans 13:14

make no provision for the flesh

1 Corinthians 9:27

discipline the body, keep it in check

Galatians 5:16

walk by the Spirit

Titus 2:11–12

grace trains us to say no

FOR DEMONIC OPPRESSION

Bind & cast out

Luke 10:19

authority over all the enemy's power

James 4:7

resist the devil, and he flees

Ephesians 6:11–12

put on the whole armor of God

2 Corinthians 10:4

weapons that pull down strongholds

1 Peter 5:8–9

resist him, firm in the faith

1 John 4:4

greater is He who is in you

Colossians 2:15

He disarmed the powers, in triumph

FOR FREEDOM IN BOTH

The victory to stand in

John 8:36

free indeed

Galatians 5:1

for freedom Christ has set us free

Romans 8:1–2

no condemnation; the Spirit's law of life

Colossians 1:13

delivered from darkness into His kingdom

2 Corinthians 3:17

where the Spirit is, there is freedom

Isaiah 61:1

liberty to the captives

2 Timothy 1:7

power, love, self-control — not fear

Fight the flesh by putting it to death daily; fight the enemy by resisting and casting out in Jesus' name — and stand in the freedom already won at the cross.

THE INFIRMITY

ITS NATURE

☐ *Flesh* — crucify & discipline

☐ *Demonic* — bind & cast out in Jesus' name

IS IT MINE?

☐ Current

☐ Past

☐ Generational

THE WORD THAT STANDS AGAINST IT — *reference & note*

HOW I'LL FIGHT IT — *the discipline to keep, or the prayer that binds and renounces*

☐ Brought to Him — date _____

☐ Set free — date _____

GUARDING THE DOOR — *how I'll keep this ground (Matt 12:43-45 · James 4:7 · Eph 4:27)*

MORE ROOM? — *write a number here, then keep writing on that Notes page in the back*

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GUARDING THE DOOR — *how I'll keep this ground (Matt 12:43-45 · James 4:7 · Eph 4:27)*

MORE ROOM? — *write a number here, then keep writing on that Notes page in the back*

☐ See Notes No. _____

THE INFIRMITY

ITS NATURE

☐ *Flesh* — crucify & discipline

☐ *Demonic* — bind & cast out in Jesus' name

IS IT MINE?

☐ Current

☐ Past

☐ Generational

THE WORD THAT STANDS AGAINST IT — *reference & note*

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My index of strongholds

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OUR LEGACY
L A N E

*Every family has a
story worth keeping.*

POWERED BY OUR LEGACY LANE