

RUNNING FROM THE  
HEART

JEANNIE LONG

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# *Your legacy lives on!*

In loving memory of our precious and beloved children:

Rebecca Long

January 22, 1982 — May 8, 2014

Alexander Derry Long (Alex)

December 13, 1987 — November 8, 2005

I imagine Rebecca might say something like, “Run the race with all your heart, it will be worth it, you cannot imagine how wonderful it is here.”

# Contents

Foreword.....	xi
Introduction.....	1
Spending Time with God.....	15
How to read the Devotional.....	17
Rebecca's Prayer.....	19
Devotionals.....	19
Choose to Believe.....	20
Faith to Persevere.....	23
Rebecca's Heart Cry.....	26
A Christian Lifestyle.....	29
The Hope of Seeing Beyond.....	32
Rebecca's Dream.....	35
Joy.....	37
Disciplined Thinking.....	40
Wisdom.....	43
The Holy Spirit.....	46
Travel Light.....	49
Unique.....	52
Friendship.....	55
Fall into His Arms.....	58
The Father's Love.....	60
Solitude.....	63

<i>Purpose</i> .....	66
<i>Struggles</i> .....	69
<i>It's a New Day</i> .....	72
<i>Honoring Your Parents</i> .....	75
<i>To Love is to be Vulnerable</i> .....	78
<i>The Divine Potter</i> .....	81
<i>Beautiful</i> .....	84
<i>Temptations</i> .....	87
<i>A Voice for the Voiceless</i> .....	90
<i>Calling</i> .....	93
<i>Tears</i> .....	96
<i>Romantic Love</i> .....	99
<i>Laughter</i> .....	102
<i>Angels</i> .....	104
<i>Heaven</i> .....	107

# How to read the Devotional

Throughout the devotional, I refer to Rebecca being home, because I believe Heaven is our true home.

As you read each devotional, start by slowly reading the bible verse and meditate on God's word. This will encourage and strengthen your heart. In a hand writing font are Rebecca's own journal entries, illustrating stories of her life, including her struggles and her joys, to which I've added my own thoughts.

And then I've included a very important part of Rebecca's time with God – Selah.

## Why Selah?

Rebecca shared with me the importance and meaning of what Selah meant to her and it is written throughout her journals. It means to pause, think calmly and receive divine guidance. You have to create the time to listen to God.

*Be still and know that I am God. (Psalm 46:10)*

*Stop, rest and wait, to reflect on who God says He is, in His word. We believe we see the world around us and yet it is only the surface that we perceive. We must learn the true nature of God in the world. Stop*

*and rest, to keep things in perspective. Find balance between resting and working. To write down God's blessings is a form of worship, as is having a thankful heart.*

Rebecca learned solitude and silence in resting in His presence. She learned to block out the noise of the world. I think she called it blocking out the white noise (meaningless noise that takes our attention).

***Passing the Baton:*** If I may, at the end of each devotional, I'd like to encourage you as a strong woman of faith, to take the baton and run with all your heart the race that God has planned for you. Make these a declaration before God, of how you are going to run your race.

Rebecca didn't do anything without prayer and each devotional ends with a prayer. Learn to breathe with slow prayers, praying about anything in your heart.

*My prayer is that in the deep deepest place of your heart, you will deeply know the love, wonder, mystery, peace and the joy of meeting with God. May you have a life changing encounter with God, the maker of Heaven and Earth.*

*Jeannie Long*

## Rebecca's Prayer

My Father, you see all things. You Know the beginning from the end. You are the Alpha and Omega. You are love, yet I have felt pain. You are present, yet I have felt alone. You are joy, yet I have felt a deep sadness. You are light, yet I have only darkness. Still I will trust you. My God your plan is higher than mine and your thoughts than mine. Use my grief for your glory. May what the devil intended for evil be used in a mighty way for good. May you turn this night into day. God I know I am the apple of your eye. You have protected my life when wicked people were around me. You have watched over my coming and going. You have protected my life. You have led me each step of the way. God you are my Rock. You have been my constant friend.

Amen.

## Choose to Believe

Choose for yourself this day whom you will serve.  
(Joshua 24:15)

I was moved to tears on finding this covenant in Rebecca's journal,

*I choose to believe. I choose to trust. I choose to love. I choose the everlasting life you purchased for me on the cross. I choose your plan. I choose the pure love of Jesus Christ.*

My Rebecca chose to give her heart to Jesus as a sweet young girl. She grew up in the church as a pastor's kid but was very honest about the questions she had about her faith. After much soul searching, she chose to believe the historic and other evidence that Jesus died on the cross and rose again. She chose to believe that He had died on the cross for her sins.

Experiencing God's love being poured into her heart by the Holy Spirit, Rebecca believed that Jesus Christ was not only her Savior but also the Lord of her life.

*I'm so thankful to see you have called me to be your daughter and friend, please help me to put that love into practice - that your love, truth and salvation message are all reflected in how I live. Help me to bring that love wherever I go. Please can I be someone your Holy Spirit rests on and in.*

My prayers were answered when Rebecca chose to ask Jesus into her heart. I choose to believe that Rebecca was called home because her life and work on earth were complete. In my mother's heart, it seems far too soon at 32, but I choose to believe it was God's perfect time. You see, Rebecca is not lost because she chose to believe that Jesus Christ was her Savior and I will see her and Alex again!

How true are Rebecca's words?

*I don't know what tomorrow holds; I just know God holds me.*

## Selah

*We love because he first loved us.* (1 John 4:19)

We love Him because He first loved us and, His perfect love will cast all fear from your heart. Of all the people and things, you love on earth, it is your love for Jesus that will carry you through life.

“For you see, in the end, it is between you and God.”  
Mother Theresa

I am humbled that you are reading this devotional. It is my prayer and, I truly believe, God is calling you today to choose to give your heart to Jesus Christ. If this is true for you, pray this prayer:

Lord Jesus, please forgive me, I'm sorry for all the wrong things I've done. I ask you to come into my heart and I choose to believe and to receive the everlasting life you purchased for me on the cross. Please fill my heart with your pure love, to follow you. Amen.

P.S. Tell someone!

If you are following Jesus, is there a part of your life that you need to surrender to Him?

**Passing the Baton:** Choose to believe and to trust God with your life.

**Prayer:** Dear Heavenly Father, thank you for the love you have poured into my heart by your Holy Spirit. Please help me and strengthen my heart with your grace to believe, to surrender all to you and to trust you with my life. Amen.

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