

## Reclaiming Your Heart To Live Fully Alive with Denise Jones

### Warrior Arise! Podcast [Show Notes]

*The mission of the Warrior Arise! Podcast is to inspire, empower, and equip you to think, feel, and act like the powerful Warrior you are so you can Live and Lead bravely, freely, and authentically in your unique purpose and destiny. In each episode, I'll impart hope, passion, and wisdom from my own journey from struggling, striving, and surviving to thriving. You will glean my expertise as a highly sought-after therapist and coach for more than a decade. You'll also hear vulnerable, authentic conversations with fellow Warriors who will share their stories of living in and leading with courage, freedom, and authenticity in a passion fueled and purpose centered life.*

*As a result, you will awaken to your true essence and power and uncage from patterns of thinking and behaving that hinder you so you can live in deeper satisfaction and soar to next level success in life, work, and business! Victory and prosperity are our inheritance. Promised land living is your birthright. As Warriors, we must claim ownership and step into what is ours to possess.*

An anointed author and Bible teacher, Denise Jones recounts her story of God's healing and restoration from the pain and disappointment of divorce and how it led to the birth of Reclaiming Hearts Ministries. Throughout the episode, Denise shares how God demonstrated His goodness and faithfulness in the midst of her pain and loved her in the details during even the hardest moments. She encourages us that He will do the same for us, no matter the circumstances. Denise's love for Jesus will penetrate the caverns of your heart like a healing salve, and her practical wisdom will awaken your spirit deep within. She gracefully and powerfully lays out the pathway to living wholeheartedly and fully alive!

During our conversation, Denise:

- Walks us through the impactful times in her life that have shaped who she is and how she discovered her purpose and ministry.
- Shares her process of healing, reclaiming her heart and coming back to life as the woman that God created her.
- Talks about her passion as a teacher and author, and how she lives out her calling.
- Explains how she impacts people's hearts with Reclaiming Hearts Ministry.
- Share her thoughts on what keeps people stuck in the bondage and how to break free.
- Shares the practices that she implemented in her life, spirit, mind, and body that empower her to live fully alive.

Denise Jones grew up as a preacher's kid. By the time she graduated high school she had lived in eight different cities and gone to as many schools. Yet South Carolina held her deep family heritage and her heart. It also afforded her a stable college season at The University of South Carolina where she majored in Journalism.

Arriving in Nashville to pursue her dream of becoming a Christian singer, it was the gift of writing and joy of teaching that eventually became the passion of her heart. Marrying in 1994 she pursued both of these gifting which produced eight novels while traveling and speaking. However, with the loss of her marriage in 2007, Denise realized how indescribably shut-down her heart had become. Even while living obediently to her calling, her broken marriage had left her a shell of a person. The loss of that marriage sent her on an intentional journey to reclaim her heart.

That journey produced a sobering yet life-giving recounting of the first year of her divorce in a non-fiction book called, *Flying Solo* and then *Reclaiming Your Heart: A Journey to Living Fully Alive*

which birthed a ministry called Reclaiming Hearts that she now leads with her husband of twelve years, Philly.

Denise and Philly make their home in Franklin, Tennessee while her five bonus kids are dispersed hither-and-yon. She loves reading a good book, enjoying a cold Coca-Cola, and spending time with her beautiful family over Sunday dinner. She loves laughing with Philly, eating Mexican with anyone and the deep friendships she is blessed to know. She also loves Jesus...she really loves Jesus.

#### **Quotes from this Episode:**

**"I don't take for granted my heritage that taught me at an early age that the Lord speaks. And I am grateful for when he has spoken, I have been obedient even when it looks foolish in the natural, but it has totally changed the course of my life." — Denise Jones**

"The enemy is a master at getting us to believe a lie about God."— Denise Jones

**"One of the enemy's greatest weapons is secrecy because nothing can heal until it's brought into the light."— Denise Jones**

#### **Resources:**

Website: <https://www.reclaiminghearts.org/>

#### **Golden Timestamp:**

**21:57-22:37** - Talks about the pain and how God heals us.

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